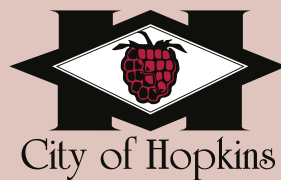


HOPKINS-MINNETONKA RECREATION

2022 FALL PROGRAMS



REGISTRATION BEGINS

Tuesday, Aug. 9
8 a.m.

General Recreation Programs

Thursday, Aug. 11
8 a.m.

Senior Programs

Tuesday, Aug. 23
8 a.m.

Ice Skating Lessons

minnetonkamn.gov/register

GENERAL INFORMATION

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Weather Hotline

Call the weather hotline at **952-939-8355** for information on program or event cancelations.

For information about the status of senior programs, call **952-939-8393**.



Inclusion Services

The cities of Hopkins and Minnetonka encourage individuals with disabilities to register for general recreation programs. Please call 952-939-8323 at least two weeks prior to the start of the program if inclusion services are needed.

Inclusion staff will work with individuals to determine needs and arrange for the necessary assistance.

Requests received without a two-week notice are not guaranteed, and a parent or caregiver may be required to arrange for their own assistance.

Financial Aid: Scholarships

The Richard Wilson Scholarship Fund provides financial aid to Hopkins and Minnetonka residents participating in joint recreation sponsored programs.

Scholarship Information

- Available to Hopkins and Minnetonka residents. Proof of residency required.
- Financial assistance provided to children ages 18 and younger.
- Applicants receive \$100 per person annually, expiring at the end of the calendar year.
- Scholarships will be issued within five business days of application submission for eligible applicants.
- Scholarships are contingent upon scholarship fund balance.
- A completed scholarship application and one supporting financial document are required.
- Scholarships are not granted for facility memberships or rentals.
- Applications will remain confidential.
- Contact Recreation Services at 952-939-8203 for an application.

Community Athletic Organizations

| | | |
|---|-----------------|-------------------------|
| Glen Lake Mighty Mites Baseball | Ages 5-12 | glenlakebaseball.com |
| Girls Athletic League (GAL) Softball | Grades K-12 | galsoftball.org |
| Hopkins Area Little League | Ages 4-12 | hopkinslittleleague.com |
| Hopkins Baseball Association | Ages 13-18 | hopkinsbaseball.com |
| Hopkins Girls Basketball Association | Grades 4-8 | hopkinsgba.org |
| Hopkins Girls Fast Pitch Softball | Ages 5-18 | hopkinsfastpitch.com |
| Hopkins Lacrosse Association | Grades 3-8 | hopkinslax.org |
| Hopkins Rugby Club | Grades 1-12 | hopkinsrugby.com |
| Hopkins Youth Hockey Association | Grades Pre K-12 | hopkinshockey.com |
| Lake Minnetonka Figure Skating Club | Grades Pre K-12 | lmfsc.org |
| Minnesota Synchronettes (synchronized swimming) | Ages 6-19 | mnsynchronettes.org |
| Minnetonka Baseball Association | Ages 5-18 | minnetonkabaseball.org |
| Minnetonka Big Willow Youth Baseball | Ages 4-12 | bigwillowbaseball.com |
| Minnetonka Girls Softball Association | Grades K-12 | tonkasoftball.org |
| Minnetonka Lacrosse Association | Ages 14-18 | mtkalax.org |
| Minnetonka Youth Hockey Association | Grades Pre K-12 | tonkahockey.org |
| Plymouth/Wayzata Youth Baseball Association | Ages 6-18 | pwyba.com |
| Plymouth/Wayzata Youth Softball Association | Grades K-12 | pwysa.com |
| Tonka United Soccer | Grades Pre K-12 | tonkaunited.org |

Invest In Our Youngest Residents

Studies show that dynamic, well-designed recreation programs - like those offered by Hopkins-Minnetonka Recreation Services - help young people achieve physical, emotional and social wellness. Organized activities like these play a key role in youth development. And they're a whole lot of fun, too.

We need your support to ensure that our recreation programs remain inclusive and available to all local youth.

Please consider donating to the Richard Wilson Recreation Scholarship Fund. **Give online at minnetonkamn.gov/register, or call 952-939-8203.** Thank you for supporting our youngest residents.



Data Privacy Act/Tennessen Warning

Your name, address, telephone number and other identifying information are private and cannot be given to the general public. We need this information to enroll you in the program and to be able to contact you if necessary. If you do not provide the information, the participant may not be able to enroll in the requested program. This information will be provided to the coaches and members of any team that you are on and to authorized recreation personnel who have a need to know. This information about a minor is available to both parents, unless the minor requests that it be withheld and provides compelling reasons to support the request.

REGISTRATION

Fall 2022 Registration

Tuesday, Aug. 9, 8 a.m.

General Recreation Programs

Thursday, Aug. 11, 8 a.m.

Senior Programs

Tuesday, Aug. 23, 8 a.m.

Ice Skating Lessons

Three ways to register

Online:

minnetonkamn.gov/register



Phone: Call 8 a.m.-4:30 p.m. Monday - Friday*:

Recreation: 952-939-8203

Senior Programs: 952-939-8393

Ice Skating Lessons: 952-939-8310

*Summer Hours are 8 a.m.-noon on Fridays through Labor Day.

In Person:

- Recreation Services, Minnetonka City Hall, 14600 Minnetonka Blvd., Minnetonka
 - Senior Services, Minnetonka Community Center*, 14600 Minnetonka Blvd., Minnetonka
 - Williston Fitness Center*, 14509 Minnetonka Drive, Minnetonka
 - Ice Arena*, 3401 Williston Road, Minnetonka
- *Senior Services, Williston Center and Ice Arena staff can take in-person registrations for programs specific to their facilities.

Payment

Payment must be made at the time of registration by cash, check or Visa, MasterCard or Discover card.

Program Withdrawal and Refund Policy

- Participants wishing to withdraw from a program must do so at least one week prior to the start of the program or by the stated registration deadline.
- Refunds are granted when a program is canceled due to low enrollment.
- No refund is granted for a single class canceled due to circumstances beyond the city's control (i.e. power outages, weather, etc.).
- Partial refunds after the start of the program are only considered if injury or serious illness occurs and must be approved by the program manager. A physician's verification may be required.
- Refunds can take up to three weeks to process.

Photo Policy

Photographs and video are occasionally taken of participants while they are in programs, special events, city facilities or enjoying parks. Please be aware that these photos may be published by the City of Minnetonka or City of Hopkins.

Liability Waiver

In consideration of entry into a program(s), I state and affirm that participation in the program(s) is voluntary. I understand that the program(s) are not an essential service provided by the city; that certain risks are inherent and that these risks, anticipated or unanticipated, may result in injury or damage to persons and/or property. I hereby assume all risks in connection with the program(s); agree to hold the city or anyone acting on behalf of the city harmless and waive any right to make claims or bring lawsuits for any injury or damages related to the alleged negligence of the city. This waiver does not apply to any injuries or damages that are a result of willful, wanton or intentional misconduct by the city or anyone acting on behalf of the city.

COMMUNITY EVENTS

MOVIES in the Park

Bring your family and friends for a fun night of classic cinema under the stars! Movies take place 15 minutes after sunset. All events are free; bring a blanket or lawn chair.



Please call the weather hotline at 952-939-8355, or visit minnetonkamn.gov for weather-related updates.

NOW SHOWING

Friday, Aug. 26

(approximately 8:15 p.m.)

Raya and the Last Dragon

Thursday, Sept. 1

(approximately 8:05 p.m.)

Encanto

Friday, Sept. 9

(approximately 7:50 p.m.)

Sing 2

Outdoor amphitheater
on the civic center campus,
14600 Minnetonka Blvd.!



Music Association of Minnetonka



Orchestral, band, and choral opportunities for people of all ages.
We strive to be the community destination for all who love music.

Visit musicassociation.org for our Fall 2022 offerings.



Summer may be ending, but the market is still here! Pick up fresh produce, meats, breads, treats, flowers and more through Sept 27!



Tuesdays through Sept. 27
3-7 p.m.

Minnetonka Civic Center Campus
Ice Arena B Parking Lot

The Minnetonka Farmers Market participates in several food access programs: Power of Produce Club, SNAP/EBT, Market Bucks, Produce Market Bucks and WIC's Farmers Market Nutrition Program.

For more information and to receive weekly Farmers Market updates, visit minnetonkamn.gov/farmersmarket.

Winter FARMERS MARKET



The indoor winter market includes many Minnetonka Farmers Market vendors, as well as new ones with local, fresh and canned produce, meats, honey, breads, desserts, coffee, pickles, jams, jellies, sauces, eggs, herbal self-care products, soaps, cards, crafts and gifts. Plus, live music and free activities for kids!



Nov. 12, Dec. 10, Jan. 14, Feb. 11, March 11
9 a.m.-1 p.m.

Minnetonka Civic Center Campus

For more information or to become a vendor, visit minnetonkamn.gov/farmersmarket or email farmersmarket@minnetonkamn.gov.

We accept SNAP/EBT and match the first \$10 with Market Bucks and Produce Market Bucks.

PRESCHOOL PROGRAMS

Arts, Crafts and Technology



Our Littlest Fan's Favorites Art Class

Ages 18 months-6 years (with adult)

From papier mache bowls, projects that glow-in-the-dark and messy clay masterpieces, these are projects our littlest students love the most. Come ready to get messy while you play along with your child. Children must be accompanied by a caregiver.

| Day | Date | Time | Cost | Course |
|-----|------------------|-----------------|------|------------|
| W | Sept. 21-Oct. 12 | 9:30-10:30 a.m. | \$67 | 1040201-01 |

Location: Glen Lake Activity Center

The Alphabet Song

Ages 18 months-6 years (with adult)

"Now I know my ABC's. Next time, won't you sing with me?" In this class, we'll get messy with clay while exploring the letters of the alphabet. Come mash, smash, sculpt, stamp and coil air-dry clay into a letter masterpiece. Come create right along with your child. Children must be accompanied by a caregiver.

| Day | Date | Time | Cost | Course |
|-----|----------|-----------------|------|------------|
| F | Sept. 23 | 9:30-10:30 a.m. | \$23 | 1040204-01 |

Location: Glen Lake Activity Center

Color Me Happy

Ages 18 months-6 years (with adult)

Create 3D creations and get messy with fingerprint; we'll even use a special spin-art technique to make the cutest, most colorful artwork ever seen. Roll up your sleeves and color yourself happy. Children must be accompanied by a caregiver.

| Day | Date | Time | Cost | Course |
|-----|-----------------|-----------------|------|------------|
| Th | Oct. 27-Nov. 17 | 9:30-10:30 a.m. | \$67 | 1040202-01 |

Location: Glen Lake Activity Center

Puppy Palace

Ages 3-6

Artists will create a soft, huggable sock puppy with a doghouse fit for canine royalty. After all, man's best friend deserves the best. Woof!

| Day | Date | Time | Cost | Course |
|-----|---------|-----------------|------|------------|
| M | Nov. 21 | 9:30-10:30 a.m. | \$23 | 1040205-01 |

Location: Glen Lake Activity Center

Play Date with a Dino

Ages 18 months-6 years (with adult)

Tyrannosaurs Rex, Triceratops and Diplodocus... is your child dazzled by dinosaurs? Come have a play date with a dino and create a fantastic work of dinosaur art. Children must be accompanied by a caregiver.

| Day | Date | Time | Cost | Course |
|-----|--------|-----------------|------|------------|
| M | Dec. 5 | 9:30-10:30 a.m. | \$23 | 1040203-01 |

Location: Glen Lake Activity Center

Messy Time with Kidcreate

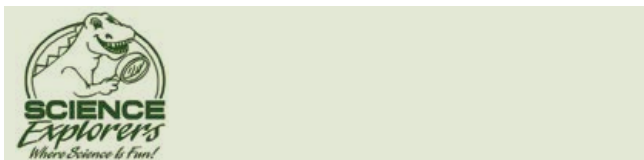
Ages 18 months-6 years (with adult)

Get silly with slime, gooey with gunk and play with clay. Making a mess is the best. Children must be accompanied by a caregiver.

| Day | Date | Time | Cost | Course |
|-----|---------|-----------------|------|------------|
| Tu | Dec. 20 | 9:30-10:30 a.m. | \$23 | 1040206-01 |

Location: Glen Lake Activity Center





Fall Into Science

Ages 3.5-6

Learn how animals and nature responds to changes happening all around us during this special time of year.

| Day | Date | Time | Cost | Course |
|-----|--------|-----------------|------|------------|
| W | Oct. 5 | 9:30-11:30 a.m. | \$25 | 1040504-01 |

Location: Minnetonka Community Center, Minnetonka Mills Room

Silly, Sloppy Slimes

Ages 3.5-6

Are you ready for some gooey, sloppy, slimy experiments? Join us for this exciting, hands-on lab as we learn the science of slime and investigate states of matter. Be sure to dress for a messy class.

| Day | Date | Time | Cost | Course |
|-----|--------|-----------------|------|------------|
| W | Nov. 2 | 9:30-11:30 a.m. | \$25 | 1040503-01 |

Location: Minnetonka Community Center, Minnetonka Mills Room

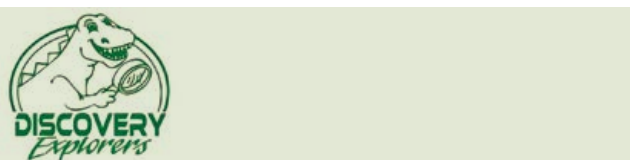
Rainforest Journey

Ages 3.5-6

Travel along as we investigate an environment where it's always warm, the trees are always green and the animals are very unique. Learn about the layers of the rainforest and the special animals that live there.

| Day | Date | Time | Cost | Course |
|-----|---------|-----------------|------|------------|
| W | Dec. 14 | 9:30-11:30 a.m. | \$25 | 1040505-01 |

Location: Glen Lake Activity Center



At-Home STEM Kit: Chemistry Fun

Ages 4-8 with adult assistance

Learn about primary and secondary colors. Investigate the three most common states of matter with exciting experiments. Finally, learn why slime is bouncy, stretchy and sticky as you make your own slime. Activity guide and most materials included.

| Date | Cost | Course |
|-------------------------------------|------|------------|
| Sept. 1-Dec. 17 (Open until filled) | \$45 | 1040501-01 |

Location: Kits are mailed to home after registration

At-Home STEM Kit: STEM Sampler

Ages 3.5-6 with adult assistance

Investigate a tropical rainforest and its layers while learning about the unique animals that live there. Then, examine the three most common states of matter with exciting experiments. Lastly, explore force with engaging activities. Outline and most materials needed are included.

| Date | Cost | Course |
|-------------------------------------|------|------------|
| Sept. 1-Dec. 17 (Open until filled) | \$42 | 1040502-01 |

Location: Kits are mailed to home after registration

At-Home Sensory Play-Sets

Ages 4-6 (exploring with an adult)



Play-sets help participants practice fine motor skills and develop skills such as reasoning, spatial relations along with color, number and shape recognition. Make observations, collect data, analyze cause and effect relationships, classify information, measure and make predictions.

Please see Youth Programs Section for sensory play-set options and course codes.

Music and Dance

Music Together

Birth – 5 years with adult

Sing, dance, play, learn! Award-winning music and movement classes for infants, toddlers, preschoolers—and the grownups who love them. The class is full of opportunities for musical experimentation and exploration and will help your child grow into a confident, life-long music maker. Receive a CD, an app to play or download the music and an illustrated songbook.



Program DEMO Classes

These are for parents or caregivers who are seriously considering registering but want to try a class with their child first. Registration is required. Families will only be allowed to try one demo class.

| Day | Date | Time | Cost | Course |
|-----|----------|---------------|------|------------|
| F | Sept. 9 | 9:15–10 a.m. | Free | 1040303-01 |
| F | Sept. 9 | 10:15–11 a.m. | Free | 1040303-02 |
| F | Sept. 16 | 9:15–10 a.m. | Free | 1040303-03 |
| F | Sept. 16 | 10:15–11 a.m. | Free | 1040303-04 |

Location: Cottageville Park (Hopkins)

| Day | Date | Time | Cost | Course |
|-----|----------|------------------|------|------------|
| Tu | Sept. 6 | 9:30–10:15 a.m. | Free | 1040303-05 |
| Tu | Sept. 6 | 10:30–11:15 a.m. | Free | 1040303-06 |
| Tu | Sept. 20 | 9:30–10:15 a.m. | Free | 1040303-07 |
| Tu | Sept. 20 | 10:30–11:15 a.m. | Free | 1040303-08 |

Location: Glen Lake Activity Center

Fall Full Session Classes

| Day | Date | Time | Cost | Course |
|-----|------------------|------------------|---|------------|
| Tu | Sept. 27–Nov. 29 | 9:30–10:15 a.m. | \$191 (\$104 for each addtl sibling)** | 1040304-01 |
| Tu | Sept. 27–Nov. 29 | 10:30–11:15 a.m. | \$191 (\$104 for each addtl sibling)** | 1040304-02 |

Location: Glen Lake Activity Center

| Day | Date | Time | Cost | Course |
|-----|------------------|---------------|---|------------|
| F | Sept. 30–Dec. 9* | 9:15–10 a.m. | \$191 (\$104 for each addtl sibling)** | 1040304-03 |
| F | Sept. 30–Dec. 9* | 10:15–11 a.m. | \$191 (\$104 for each addtl sibling)** | 1040304-04 |

Location: Cottageville Park and then Hopkins Center for the Arts – Dance Studio beginning Oct. 28

*No class Nov. 25

**Infants under 8 months must call to register and are free with a paid sibling.

Wish Upon a Ballet

Ages 3–8

This dance program incorporates popular children's and ballet stories. Enjoy a complete fairy tale experience as dancers skip, leap, jump and spin. Children learn an appreciation of dance and music while developing strength and flexibility.

Session 1: *Encanto*

| Day | Date | Time | Ages | Cost | Course |
|-----|-------------------|-------------|------|------|------------|
| Sa | Sept. 10–Oct. 29* | 1:15–2 p.m. | 3–4 | \$72 | 1040401-01 |
| Sa | Sept. 10–Oct. 29* | 2–2:45 p.m. | 5–8 | \$72 | 1040401-02 |

*No class Oct. 22

Session 2: *Nutcracker*

| Day | Date | Time | Ages | Cost | Course |
|-----|-----------------|-------------|------|------|------------|
| Sa | Nov. 5–Dec. 17* | 1:15–2 p.m. | 3–4 | \$62 | 1040401-03 |
| Sa | Nov. 5–Dec. 17* | 2–2:45 p.m. | 5–8 | \$62 | 1040401-04 |

*No class Nov. 26

Location: Hopkins Center for the Arts, Room 218

PLATINUM DANCE WEST

Mini Movers

Ages 2.5-4

Work on motor development and beginning dance steps through interactive music and play. This class is parent-free; however, instructors are flexible if a parent needs to be with their dancer the first couple weeks.

| Day | Date | Time | Cost | Course |
|-----|------------------|-------------|------|------------|
| M | Sept. 19-Oct. 10 | 5:30-6 p.m. | \$39 | 1040403-01 |

Location: Glen Lake Activity Center

Tiny Hoppers

Ages 4-6

An upbeat and high energy movement class to funky songs. Dancers will be introduced to beginner hip-hop and jazz moves along with creative movement and play.

| Day | Date | Time | Cost | Course |
|-----|------------------|----------------|------|------------|
| M | Sept. 19-Oct. 10 | 6:15-6:45 p.m. | \$39 | 1040402-01 |

Location: Glen Lake Activity Center

Hop-Kids Programs



A joint partnership of the Hopkins-Minnetonka Recreation Services and Hopkins Public Schools, Hop-Kids provides preschool-age children opportunities for playing and learning that are fun, nurturing and safe.

Hop-Kids HappyFeet Soccer

Ages 2-5

HappyFeet Leagues are a great way to see your little ones continue their soccer development. Each class includes skill-building through fun games, pressure by coach and pressure applied by peers in a game setting.

| Day | Date | Time | Age | Cost | Course |
|-----|-----------------|-------------|-----|------|------------|
| W | Sept. 7-Oct. 26 | 5:30-6 p.m. | 2-3 | \$84 | 1221401-01 |
| W | Sept. 7-Oct. 26 | 6-6:30 p.m. | 2-3 | \$84 | 1221401-02 |
| W | Sept. 7-Oct. 26 | 6:30-7 p.m. | 4-5 | \$84 | 1221401-03 |

Location: Glen Lake Elementary Field

Hop-Kids Amazing Athletes - Keeping Kids Active

Ages 2.75-5

Learn the fundamentals of nine different sports and seven areas of motor development. This course covers baseball, basketball, football, golf, hockey, lacrosse, volleyball and tennis. Build self-confidence, practice teamwork and improve motor skills.

| Day | Date | Time | Cost | Course |
|-----|-----------------|----------------|------|------------|
| M | Sept. 12-Oct. 3 | 6-6:35 p.m. | \$65 | 1222101-01 |
| M | Sept. 12-Oct. 3 | 6:45-7:20 p.m. | \$65 | 1222101-02 |
| M | Nov. 7-Nov. 28 | 6-6:35 p.m. | \$65 | 1222101-03 |
| M | Nov. 7-Nov. 28 | 6:45-7:20 p.m. | \$65 | 1222101-04 |

Location: Ubah Academy Gym, 1600 Mainstreet (Hopkins)

Hop-Kids Golf

Ages 4-6

TGA Premier Junior Golf offers children the opportunity to learn golf with full-swing, chipping and putting instruction.

| Day | Date | Time | Cost | Course |
|-----|------------------|----------------|------|------------|
| Th | Sept. 15-Oct. 13 | 5:30-6:20 p.m. | \$84 | 1221301-01 |

Location: Central Park (Hopkins)

| Day | Date | Time | Cost | Course |
|-----|-----------------|-------------|------|------------|
| Th | Nov. 3-Dec. 15* | 6-6:50 p.m. | \$99 | 1221301-02 |

*No program Nov. 24

Location: Ubah Medical Academy Gym

Hop-Kids Hip Hop Hooray!

Ages 4-6

This high-energy class will get dancers up and moving. Learn the basics of hip-hop dance, choreography and tricks. Hip Hop Hooray! focuses on learning through exercise and games, as well as self-expression through movement.

| Day | Date | Time | Cost | Course |
|-----|------------------|----------------|------|------------|
| Tu | Sept. 20-Oct. 25 | 5:30-6:15 p.m. | \$59 | 1222201-01 |
| Tu | Nov. 8-Dec. 13 | 5:30-6:15 p.m. | \$59 | 1222201-02 |

Location: Eisenhower Community Center Theater

Hop-Kids Let's Dance!

Ages 3-5

This class is for the preschooler who loves to spin, move and groove. Children will learn a variety of different dance styles from basic ballet technique to jazz to creative dance movement. We will focus on motor development, rhythm and explore dance through musical games, songs and basic dance steps.

| Day | Date | Time | Cost | Course |
|-----|------------------|----------------|------|------------|
| Tu | Sept. 20-Oct. 25 | 4:30-5:15 p.m. | \$59 | 1222301-01 |
| Tu | Nov. 8-Dec. 13 | 4:30-5:15 p.m. | \$59 | 1222301-02 |

Location: Eisenhower Community Center Theater

Hop-Kids RevSports Instructional Programs

RevSports instructional programs maximize the time a player spends developing individual skills. Focus is on individual player development and helping each player at their own ability level become more confident with the necessary skills of the game.

Class starts with an active, skill-based warm-up; transitions into a fun, more challenging game; and ends with an age-appropriate small-sided scrimmage. All ability levels are welcome. This is a parent-child class. No equipment necessary.

TotStars: Ages 2-3 (Parent/Child)
Entry-level, parent/child program

PreStars: Ages 3-5 (Parent/Child)
Entry-level, parent/child program

KinderStars: Ages 4-6 (Parent Involved)
Entry-level, parent/child program

MiniStars: Ages 5-8

Non-competitive foundational skills program. Players are involved independently from their parents, but we encourage parents to be present and engaged.

RevSports: Soccer

Topics include dribbling, passing, shooting, defending, and more. Parent-child class.

Ages 2-3 (TotStars)

| Day | Date | Time | Cost | Course |
|-----|-----------------|----------------|------|------------|
| Sa | Sept. 17-Oct. 8 | 9:15-9:40 a.m. | \$59 | 1222501-01 |

Ages 3-5 (PreStars)

| Day | Date | Time | Cost | Course |
|-----|-----------------|-----------------|------|------------|
| Sa | Sept. 17-Oct. 8 | 9:45-10:25 a.m. | \$59 | 1222501-02 |

Ages 3-5 (PreStars)

| Day | Date | Time | Cost | Course |
|-----|-----------------|------------------|------|------------|
| Sa | Sept. 17-Oct. 8 | 10:30-11:10 a.m. | \$59 | 1222501-03 |

Ages 4-6 (KinderStars)

| Day | Date | Time | Cost | Course |
|-----|-----------------|------------------|------|------------|
| Sa | Sept. 17-Oct. 8 | 11:15-11:55 a.m. | \$59 | 1222501-04 |

Location: Civic Center Fields

RevSports: Basketball

Topics include ball handling, passing, shooting, defense, rebounding and more. Eight-foot hoops are used. Parent-child class.

Ages 3-5 (PreStars)

| Day | Date | Time | Cost | Course |
|-----|------------------|----------------|------|------------|
| Tu | Sept. 20-Oct. 11 | 5:15-5:40 p.m. | \$59 | 1222601-01 |
| Tu | Oct. 18-Nov. 8 | 5:15-5:40 p.m. | \$59 | 1222601-04 |
| Tu | Nov. 15-Dec. 6 | 5:15-5:40 p.m. | \$59 | 1222601-07 |

Ages 4-6 (KinderStars)

| Day | Date | Time | Cost | Course |
|-----|------------------|----------------|------|------------|
| Tu | Sept. 20-Oct. 11 | 5:45-6:25 p.m. | \$59 | 1222601-02 |
| Tu | Oct. 18-Nov. 8 | 5:45-6:25 p.m. | \$59 | 1222601-05 |
| Tu | Nov. 15-Dec. 6 | 5:45-6:25 p.m. | \$59 | 1222601-08 |

Ages 5-8 (MiniStars)

| Day | Date | Time | Cost | Course |
|-----|------------------|----------------|------|------------|
| Tu | Sept. 20-Oct. 11 | 6:30-7:10 p.m. | \$59 | 1222601-03 |
| Tu | Oct. 18-Nov. 8 | 6:30-7:10 p.m. | \$59 | 1222601-06 |
| Tu | Nov. 15-Dec. 6 | 6:30-7:10 p.m. | \$59 | 1222601-09 |

Location: Eisenhower Community Center

RevSports: Flag Football

Topics include carrying the ball, throwing, catching, defending, learning different positions and more. Parent-child class.

Ages 3-5 (PreStars)

| Day | Date | Time | Cost | Course |
|-----|-----------------|----------------|------|------------|
| M | Sept. 12-Oct. 3 | 4:30-4:55 p.m. | \$59 | 1222701-01 |

Ages 4-6 (KinderStars)

| Day | Date | Time | Cost | Course |
|-----|-----------------|-------------|------|------------|
| M | Sept. 12-Oct. 3 | 5-5:40 p.m. | \$59 | 1222701-02 |

Ages 5-8 (MiniStars)

| Day | Date | Time | Cost | Course |
|-----|-----------------|----------------|------|------------|
| M | Sept. 12-Oct. 3 | 5:45-6:25 p.m. | \$59 | 1222701-03 |

Location: Eisenhower Elementary Soccer Field

RevSports: T-Ball/Coach-Pitch Baseball

Topics include fielding grounders, throwing, catching, baserunning, batting and more. TotStars and Pre-Stars play T-Ball; KinderStars play coach-pitched baseball.

Ages 2-3 (TotStars)

| Day | Date | Time | Cost | Course |
|-----|-----------------|----------------|------|------------|
| Th | Sept. 15-Oct. 6 | 4:30-4:55 p.m. | \$59 | 1222901-01 |

Ages 3-5 (Pre-Stars)

| Day | Date | Time | Cost | Course |
|-----|-----------------|-------------|------|------------|
| Th | Sept. 15-Oct. 6 | 5-5:40 p.m. | \$59 | 1222901-02 |

Ages 4-6 (KinderStars)

| Day | Date | Time | Cost | Course |
|-----|-----------------|----------------|------|------------|
| Th | Sept. 15-Oct. 6 | 5:45-6:25 p.m. | \$59 | 1222901-03 |

Location: Alice Smith Elementary Field

RevSports: Ninja Warrior Fitness

An instructional class with activities to advance your movement, strength and agility skills.

Ages 2-3 (TotStars)

| Day | Date | Time | Cost | Course |
|-----|-----------------|----------------|------|------------|
| W | Sept. 14-Oct. 5 | 4:30-4:55 p.m. | \$59 | 1222801-01 |

Ages 3-5 (PreStars)

| Day | Date | Time | Cost | Course |
|-----|-----------------|-------------|------|------------|
| W | Sept. 14-Oct. 5 | 5-5:40 p.m. | \$59 | 1222801-02 |

Ages 4-6 (KinderStars)

| Day | Date | Time | Cost | Course |
|-----|-----------------|----------------|------|------------|
| W | Sept. 14-Oct. 5 | 5:45-6:25 p.m. | \$59 | 1222801-03 |

Location: Minnetonka Skate Park

SoccerTots

A variety of fun games are taught to develop balance, movement, motor and soccer skills as well as listening to instructions. Very active and fun. No prior experience is necessary.

Ages 2-3.5 with parent participation required

| Day | Date | Time | Cost | Course |
|-----|-----------------|------------------|------|------------|
| Th | Sept. 15-Oct. 6 | 9:30-10 a.m. | \$69 | 1220401-01 |
| Th | Sept. 15-Oct. 6 | 10:50-11:20 a.m. | \$69 | 1220401-02 |

Ages 3.5-5

| Day | Date | Time | Cost | Course |
|-----|-----------------|------------------|------|------------|
| Th | Sept. 15-Oct. 6 | 10:10-10:40 a.m. | \$69 | 1220401-03 |
| Th | Sept. 15-Oct. 6 | 11:30 a.m.-noon | \$69 | 1220401-04 |

Location: Burnes Park (Hopkins)

YOUTH AND TEEN PROGRAMS

Arts, Crafts and Technology



At-Home Sensory Play-Sets

*Ages 4-6 with adult assistance;
Ages 7-11 with adult supervision*

Make observations, collect data, analyze cause and effect relationships, classify information, measure and make predictions. Improve fine motor skills while practicing hand-eye coordination and develop skills such as reasoning, spatial relations along with color, number and shape recognition.

Fall Harvest: School readiness, nature concepts, hand-eye coordination and creativity

| Date | Cost | Course |
|-------------------------------------|------|------------|
| Sept. 1-Dec. 17 (Open until filled) | \$60 | 1040512-01 |

Fossil Dig: Uncover fossils, bones and analyze skeletons

| Date | Cost | Course |
|-------------------------------------|------|------------|
| Sept. 1-Dec. 17 (Open until filled) | \$60 | 1040512-02 |

Dinosaur Adventures: Creative thinking, role playing and independent play

| Date | Cost | Course |
|-------------------------------------|------|------------|
| Sept. 1-Dec. 17 (Open until filled) | \$60 | 1040512-03 |

Lemonade Stand: Math concepts, hand-eye coordination, creativity, taste of entrepreneurial leadership

| Date | Cost | Course |
|-------------------------------------|------|------------|
| Sept. 1-Dec. 17 (Open until filled) | \$60 | 1040512-04 |

Location: Kits are mailed to home after registration

At-Home STEM Kit: Chemistry, Aerospace & Electricity

*Ages 8-11 with adult assistance;
Ages 12-14 with adult supervision*

Explore states of matter and then discover thrust, drag, weight and lift all with fun, hands-on experiments and activities. Use a paratrooper to investigate drag, a disk launcher to explore lift and more. Lastly, build and test an electromagnet. Activity guide and most materials included.

| Date | Cost | Course |
|-------------------------------------|------|------------|
| Sept. 1-Dec. 17 (open until filled) | \$39 | 1040506-01 |

Location: Kits are mailed to home after registration

At-Home STEM Kit: Build Your Own Art-Bot

*Ages 8-11 with adult assistance;
Ages 12-14 with adult supervision*

Design and build your own Art-Bot with a motor, battery holder and more. Then, test the pH of everyday substances to determine if it is an acid, a base or a neutral. Activity guide and most materials included.

| Date | Cost | Course |
|-------------------------------------|------|------------|
| Sept. 1-Dec. 17 (open until filled) | \$39 | 1040507-01 |

Location: Kits are mailed to home after registration

At-Home STEM Kit: Slime & Catapults

*Ages 8-11 with adult assistance;
Ages 12-14 with adult supervision*

Mix up your own batches of Glow, Silky and Floam slimes as you discover why slime is delightfully bouncy, stretchy and gooey. Build different catapults to examine how levers, energy and Newton's Laws of Motion all work together. Activity guide and most materials included.

| Date | Cost | Course |
|-------------------------------------|------|------------|
| Sept. 1-Dec. 17 (open until filled) | \$45 | 1040508-01 |

Location: Kits are mailed to home after registration

At-Home STEM Kit: Young Inventors

Ages 8-11 with adult assistance;
Ages 12-14 with adult supervision

Encourage your child's tinkering spirit as they design and build an electrical circuit and learn about pneumatics. They may just invent the next "big thing." The 175-plus piece kit contains tools, adhesives, building materials, craft items and activity guide. It is packed with screwdrivers, screws, pliers, 1.5-volt hobby motor, batteries, wheels and more.

| Date | Cost | Course |
|-------------------------------------|------|------------|
| Sept. 1-Dec. 17 (open until filled) | \$70 | 1040509-01 |

Location: Kits are mailed to home after registration

At-Home STEM Kit: Crazy Chemistry

Grades 2-6

Investigate the Periodic Table and learn about its families with exciting experiments. Break some chemical bonds, get messy with polymers and much more. An outline and most materials needed are included.

| Date | Cost | Course |
|-------------------------------------|------|------------|
| Sept. 1-Dec. 17 (open until filled) | \$69 | 1040510-01 |

Location: Kits are mailed to home after registration

At-Home STEM Kit: STEM Sampler

Grades 2-6

Learn the difference between chemical and physical changes with sloppy, slimy and messy experiments. Investigate technology as we create optical illusions. Discover physics and math as we construct a marble roller coaster. An outline and most materials needed are included.

| Date | Cost | Course |
|-------------------------------------|------|------------|
| Sept. 1-Dec. 17 (open until filled) | \$65 | 1040511-01 |

Location: Kits are mailed to home after registration



Sensational Slime

Ages 4-9

Mix up a batch of our fabulous fluffy slime. Then, try your hand at Bubblegum-scented silly putty slime. We're sure you'll think slime is sensational, too!

| Day | Date | Time | Cost | Course |
|-----|--------|-------------|------|------------|
| Sa | Oct. 8 | 9 a.m.-noon | \$41 | 1040211-01 |

Location: Minnetonka Mills Room, Minnetonka Community Center

| Day | Date | Time | Cost | Course |
|-----|---------|----------|------|------------|
| Sa | Nov. 19 | 1-4 p.m. | \$41 | 1040211-02 |

Location: Glen Lake Activity Center

Let's Draw

Ages 5-12

Learn basic techniques and principles of drawing as you create puppies, ponies, people and more. Master a simple step-by-step method that is essential to creating memorable drawings. Receive your very own take-home How to Draw booklet.

| Day | Date | Time | Cost | Course |
|-----|------------|----------|------|------------|
| M-W | Oct. 17-19 | 1-4 p.m. | \$99 | 1040210-01 |

Location: Glen Lake Activity Center

Encanto with Kidcreate

Ages 5-12

Come join Mirabel, Isabella, Antonio and the rest of the Madrigals as we create magical projects inspired by the Disney movie "Encanto." Use glitter, clay, paint and more to create clay butterflies, magical bedroom doors and much more.

| Day | Date | Time | Cost | Course |
|------|------------|----------|------|------------|
| Th-F | Oct. 20-21 | 1-4 p.m. | \$89 | 1040209-01 |
| T-W | Dec. 27-28 | 1-4 p.m. | \$89 | 1040209-02 |

Location: Glen Lake Activity Center

Holiday Ornament Making Party

Ages 5-12

Make four holiday ornaments. Create an adorable snowman ornament, an ornament inspired by that famous reindeer with the red nose and more!

| Day | Date | Time | Cost | Course |
|-----|---------|-------------|------|------------|
| Sa | Dec. 10 | 9 a.m.-noon | \$41 | 1040213-01 |

Location: Glen Lake Activity Center

Gifts Galore

Ages 5-12

Use clay, paint, glitter and more to create wonderful wintry gifts for everyone on your list. Make silly snowman bobbleheads and glitter poinsettias. We'll even paint masterpieces on real canvas boards. All projects make great gifts or are great works of art to keep for yourself.

| Day | Date | Time | Cost | Course |
|-----|---------|-------------|------|------------|
| Sa | Dec. 17 | 9 a.m.-noon | \$41 | 1040208-01 |

Location: Glen Lake Activity Center

Squishy Squishmallows

Ages 4-9

Artists will create a clay version of their favorite Squishmallow using air-dry clay, paint and more. Even bring your own Squishmallow to class for inspiration.

| Day | Date | Time | Cost | Course |
|-----|----------|-------------|------|------------|
| Sa | Sept. 24 | 9 a.m.-noon | \$41 | 1040207-01 |

Location: Minnetonka Mills Room, Minnetonka Community Center

| Day | Date | Time | Cost | Course |
|-----|---------|-------------|------|------------|
| Th | Dec. 22 | 9 a.m.-noon | \$41 | 1040207-02 |

Location: Glen Lake Activity Center

Simply Silly Stuff

Ages 4-9

Make some of the craziest art you could imagine: a messy monster made of mush, a cute 3D goldfish and your very own pop-up art. This combination of wacky projects will teach you all sorts of simply silly stuff.

| Day | Date | Time | Cost | Course |
|-----|------------|-------------|------|------------|
| M-W | Dec. 26-28 | 9 a.m.-noon | \$99 | 1040212-01 |

Location: Glen Lake Activity Center



Floating Magnet Car Fun

Grades 3-6

Learn the basics of magnetism and the theoretical basis of magnetic lift as you assemble your very own Magnetic Levitation Car and race to the finish.

| Day | Date | Time | Cost | Course |
|-----|---------|--------------|------|------------|
| Th | Oct. 20 | 9:30-11 a.m. | \$25 | 1040701-01 |

Location: Glen Lake Activity Center

Sound & Light Fun

Grades K-6

Learn how both light and sounds are waves and travel in a straight line until they are absorbed, redirected, reflected or allowed to pass through an object.

Engage in a variety of fun, hands-on activities and take home a special project to do with family and friends.

| Day | Date | Time | Cost | Course |
|-----|---------|-----------------|------|------------|
| Sa | Nov. 12 | 9:30-10:30 a.m. | \$21 | 1040702-01 |

Location: Glen Lake Activity Center

General Programs

Youth Basketball League

Grades 2-6

Registration deadline: Monday, Oct. 3

This recreational league is a great opportunity for new and experienced players to develop their basketball skills, character and build new friendships. Teams are formed by grade level.

Games for all ages are Saturdays, between 9 a.m. and 4 p.m. at Hopkins West Junior High. The final schedule is determined after teams are filled. Playoffs will take place the last couple weeks of the season for grades 3-6 only.

- **Reminder:** Each course number represents one team. If you would like to register with a friend, you must register for the **same course number**.
- Grade 2: Register for any course number.
- Grades 3-6: Select a course number based on desired practice night/location.
- Teams are not reserved for groups or schools for any reason, and we do not take requests. Teams are filled on a first-come, first-served basis. Depending on registration numbers and waitlists, additional teams may be added.
- All registrations received after Oct. 3 are placed on a waiting list. If you are assigned to a team from a waiting list, an additional \$10 is added to the registration fee.
- Teams are coached by parent volunteers. Register with course: 1170102-01.

Grade 2

Practices are Saturdays prior to games.

| Game and Practice Day | Date | Cost |
|-----------------------|-----------------|------|
| Sa | Dec. 3-Feb. 11* | \$81 |

*No games Dec. 24 and Dec. 31

Location: Hopkins West Junior High, Activity Structure

BOYS/GIRLS (COMBINED) GRADE 2

| Team # | Course |
|---------|------------|
| Team #1 | 1170103-01 |
| Team #2 | 1170103-02 |
| Team #3 | 1170103-03 |
| Team #4 | 1170103-04 |

Grades 3-6

One weekday practice per week, starting the week of Nov. 7.



We are now partnering with Plymouth Parks and Recreation for this age group. Teams from Plymouth may participate and some games may be played in Plymouth based on registration numbers.

| Game Day | Date | Cost |
|----------|-----------------|-------|
| Sa | Dec. 3-Feb. 25* | \$121 |

*No games Dec. 24 and Dec. 31

Location (Games): Hopkins West Junior High, Activity Structure

BOYS GRADE 3/4

| TEAM # | PRACTICE NIGHT | PRACTICE LOCATION | PRACTICE TIME | COURSE |
|---------|----------------|-------------------|---------------|------------|
| Team #1 | Monday | Glen Lake | 6-7 p.m. | 1170105-01 |
| Team #2 | Tuesday | West Jr. High #2 | 6-7 p.m. | 1170105-02 |
| Team #3 | Tuesday | West Jr. High #1 | 6-7 p.m. | 1170105-03 |
| Team #4 | Thursday | Gatewood | 6-7 p.m. | 1170105-04 |

GIRLS GRADE 3/4

| TEAM # | PRACTICE NIGHT | PRACTICE LOCATION | PRACTICE TIME | COURSE |
|---------|----------------|-------------------|---------------|------------|
| Team #1 | Monday | West Jr. High #1 | 6-7 p.m. | 1170106-01 |
| Team #2 | Tuesday | Glen Lake | 6-7 p.m. | 1170106-02 |
| Team #3 | Tuesday | Gatewood | 6-7 p.m. | 1170106-03 |
| Team #4 | Thursday | West Jr. High #2 | 6-7 p.m. | 1170106-04 |

GIRLS GRADE 5/6

| TEAM # | PRACTICE NIGHT | PRACTICE LOCATION | PRACTICE TIME | COURSE |
|---------|----------------|-------------------|---------------|------------|
| Team #1 | Monday | Alice Smith | 6-7 p.m. | 1170108-01 |
| Team #2 | Monday | Gatewood | 6-7 p.m. | 1170108-02 |
| Team #3 | Tuesday | West Jr. High #3 | 6-7 p.m. | 1170108-03 |
| Team #4 | Thursday | West Jr. High #3 | 6-7 p.m. | 1170108-04 |

BOYS GRADE 5/6

| TEAM # | PRACTICE NIGHT | PRACTICE LOCATION | PRACTICE TIME | COURSE |
|---------|----------------|-------------------|---------------|------------|
| Team #1 | Monday | West Jr. High #3 | 6-7 p.m. | 1170109-01 |
| Team #4 | Monday | West Jr. High #2 | 6-7 p.m. | 1170109-02 |
| Team #2 | Tuesday | Alice Smith | 6-7 p.m. | 1170109-03 |
| Team #3 | Thursday | Glen Lake | 6-7 p.m. | 1170109-04 |

Coaches Needed

Our youth basketball league would not be possible without our wonderful volunteer parent coaches!



Volunteers receive a \$15 Recreation Services credit on their account at the end of the season.

No prior coaching experience required. A coaches meeting will take place before the start of the season. Volunteering is contingent upon a successful background screening.

To volunteer as a youth basketball coach, register for course #1170102-01 at minnetonkamn.gov/register.

3rd Lair Skateboarding Camps

Ages 6-16

Experienced, well-trained instructors coach participants on each ability level. All skill levels are welcome as instruction is based on ability level of each participant. Equipment (helmet, board and pad) is free to use. Please visit 3rdlair.com to complete waiver before start of camp.

NOTE: You can register for multiple days.

| Day | Date | Time | Cost | Course |
|-----|---------|-------------|------|------------|
| W | Oct. 19 | 9 a.m.-noon | \$50 | 1150401-01 |
| Th | Oct. 20 | 9 a.m.-noon | \$50 | 1150401-02 |
| F | Oct. 21 | 9 a.m.-noon | \$50 | 1150401-03 |
| W | Nov. 23 | 9 a.m.-noon | \$50 | 1150401-04 |
| F | Nov. 25 | 9 a.m.-noon | \$50 | 1150401-05 |

Location: 3rd Lair Skate Park, 850 Florida Ave. S. (Golden Valley)

Teen Personal Defense and Safety Training

Ages 14-19



Defending yourself, with no rules, against uncooperative persons, there's no time to think and remember a specific "technique." This

interactive presentation-style class gives a foundation of principles to avoid a problem supported by practical responses to escape a clear and present threat to your safety.

| Day | Date | Time | Cost | Course |
|-----|----------|----------------|------|------------|
| Tu | Sept. 27 | 5:30-7:30 p.m. | \$35 | 1010701-05 |

Location: Community Room, Minnetonka Community Center

ESports Gaming

Ages 7-19

The Blaze Fire Gaming and Esports Club is a fun, safe way for the gamers to play with other age-verified competitors and make friends within their own community through video gaming. Joining the club gives players access to organized community play where players can participate in structured leagues and tournaments or social ladder and play activities. Players aged 7-plus will participate from home and engage safely in club activity through the Safe Harbor-certified platform GYO Score.

Available games rotate frequently to keep up with the most popular titles for kids. Prizes and rewards can be earned for participation and also winning our special skill-based tournaments and leagues. All gamer skill levels are welcome!

Supported Gaming Systems: Nintendo Switch, Xbox One, Xbox One Series S/X, PlayStation 4, PlayStation 5

Supported Gaming Titles: Rocket League, Minecraft, Super Smash Brothers, NFL Madden Football, EA FIFA Soccer, NBA 2K, Mario Kart 8

Consoles and games not included with club participation fee. Participants must have an active internet connection and any/all online connection subscriptions purchased to participate (i.e. Xbox Live/PlayStation Plus/Nintendo Online). For questions or concerns about fees or technical setup, please contact info@gyo.gg.

With your registration fee, you may select up to three games to play and gain access to ladders, leagues and tournaments for those games.

Session 1

| Day | Date | Time | Ages | Cost | Course |
|------|-----------------|----------|-------|------|------------|
| M-Su | Sept. 1-Oct. 31 | 2-7 p.m. | 7-12 | \$75 | 1041501-01 |
| M-Su | Sept. 1-Oct. 31 | 2-7 p.m. | 13-18 | \$75 | 1041501-02 |

Session 2

| Day | Date | Time | Ages | Cost | Course |
|------|----------------|----------|-------|------|------------|
| M-Su | Nov. 1-Dec. 31 | 2-7 p.m. | 7-12 | \$75 | 1041501-03 |
| M-Su | Nov. 1-Dec. 31 | 2-7 p.m. | 13-18 | \$75 | 1041501-04 |

Ninja Rec Team



Ninja Obstacle Training is a fun, unique way to develop confidence, strength, endurance, balance and friendships. Participants practice on more than 40 obstacles inspired by the TV show, such as warped walls, salmon ladders and more! All experience levels welcome. Practices and two competition days.

Ages 6-9

| Day | Date | Time | Cost | Course |
|-----|-----------------|----------|-------|------------|
| F | Sept. 9-Oct. 28 | 5-6 p.m. | \$175 | 1211702-01 |
| F | Nov. 4-Dec. 16* | 5-6 p.m. | \$130 | 1211702-04 |

Ages 8-13

| Day | Date | Time | Cost | Course |
|-----|-----------------|----------------|-------|------------|
| F | Sept. 9-Oct. 28 | 6:15-7:15 p.m. | \$175 | 1211702-02 |
| F | Nov. 4-Dec. 16* | 6:15-7:15 p.m. | \$130 | 1211702-05 |

Ages 6-13

| Day | Date | Time | Cost | Course |
|-----|------------------|----------------|-------|------------|
| Sa | Sept. 10-Oct. 29 | 8:30-9:30 a.m. | \$175 | 1211702-03 |
| Sa | Nov. 5-Dec. 17** | 8:30-9:30 a.m. | \$130 | 1211702-06 |

*No class Nov. 25

**No class Nov. 26

Location: Conquer Ninja, 7000 Washington Ave. S. (Eden Prairie)

Parent/Child Ninja Class



Parents and kids can get moving work together to learn how to tackle ninja obstacles, problem-solve courses and build self-esteem. We have warped walls, angled steps, salmon ladders and more; all Ninja-inspired obstacles.

Ages 5-12 (with adult)

| Day | Date | Time | Cost | Course |
|-----|------------------|-----------------|--|------------|
| Sa | Sept. 10-Oct. 29 | 9:45-10:45 a.m. | \$225 (\$75 for each addt'l family member) | 1211703-01 |
| Sa | Nov. 5-Dec. 17 | 9:45-10:45 a.m. | \$195 (\$65 for each addt'l family member) | 1211703-02 |

Location: Conquer Ninja, 7000 Washington Ave. S. (Eden Prairie)

Parent's Day Out



No school? No problem! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders—all Ninja inspired obstacles. Kids will get to practice on the obstacles, compete in a warped wall challenge and play exciting ninja games.

Ages 5-13

| Day | Date | Time | Cost | Course |
|-----|---------|-----------|------|------------|
| F | Nov. 11 | 9-11 a.m. | \$25 | 1211704-01 |

Location: Conquer Ninja, 7000 Washington Ave. S. (Eden Prairie)

Winter Ninja Camp



Develop strength and agility during this camp by learning different styles and techniques to master all obstacles. We have warped walls, angled steps, salmon ladders and more; everything you need to put your ninja skills to work. Fun ninja competition on the last day of camp.

Ages 5-13

| Day | Date | Time | Cost | Course |
|------|------------|-----------|-------|------------|
| M-Th | Dec. 26-29 | 9-11 a.m. | \$160 | 1211705-01 |

Location: Conquer Ninja, 7000 Washington Ave. S. (Eden Prairie)

Horseback Riding Day Camp

Ages 6-12

Kids will learn what it's like to have a horse for a day. Campers get to ride in the indoor and/or outdoor arenas for 40-50 min (no trails), practice how to steer, stop, turn and walk on their own. Other activities include making horse treats, doing horse-related crafts and playing games. Campers are broken into smaller groups based on similar riding experience and age. Transportation provided from the Minnetonka Community Center.

| Day | Date | Time | Cost | Course |
|-----|---------|------------------|------|------------|
| Th | Oct. 20 | 7:45 a.m.-4 p.m. | \$89 | 1151401-01 |

Location: Boulder Point Stables (Anoka)

Little Shooter's Basketball Clinic

Ages 7-12

Enhance your basketball skills with instruction from former NBA player Kevin Lynch. Practice and learn new skills and techniques, cultivate self-esteem and encourage teamwork and fair play in a fun and challenging environment. This clinic is a great way to prepare for the upcoming youth basketball league.

| Day | Date | Time | Cost | Course |
|-----|-----------------|-----------------|------|------------|
| Sa | Oct. 29-Nov. 19 | 9:30-11:30 a.m. | \$95 | 1161202-01 |

Location: Hopkins West Junior High, Activity Structure

Blizzard Ski and Snowboard Instruction

Grades K-12

Experience the ultimate in skiing, snowboarding and racing instruction from beginners to experts. At seven different metro ski and snowboard areas, our top quality adult staff will teach you to improve your skiing or boarding on groomed runs and terrain parks. You provide your own food and gear (season long rentals are available).

Dates: Eleven trips on Saturdays or Sundays, December–February. All sessions run approximately 7:30 a.m.–5:30 p.m.

Register: Visit blizzardmn.com or call 763-559-EDGE (3343). Mention "HOPMTKA22" when registering.

Classic

Grades 5-12

Explore cool trails and terrain parks with experienced instructors during 4.5 hours of instruction with plenty of time to free ski or ride, too. Progress at your own pace. Plus, three teens-only bonus trips.

| | |
|--|-------|
| Saturdays: Dec. 3-17; Jan. 7-28; Feb. 4-25 | \$450 |
| Sundays: Dec. 4-18; Jan. 8-29; Feb. 5-26 | \$450 |

Bonus Trips: Thanksgiving Weekend, Martin Luther King Jr. Day and Spirit Mountain

Teen Sampler

Grades 7-12

Not sure about committing to a full season? Try skiing or snowboarding on three trips with up to 4.5 hours of daily instruction and plenty of time to free ski or ride. Progress at your own pace. Plus, a teens-only bonus trip.

| | |
|----------------------|-------|
| Saturdays: Dec. 3-17 | \$250 |
| Sundays: Dec. 4-18 | \$250 |

Bonus Trip: Thanksgiving Weekend

Team Blizzard

Grades 5-12

Intermediate to expert skiers stir up some friendly competition as you learn strategies and tactics for racing. Sharpen your skills as you prepare to go head-to-head against other racers.

| | |
|--|-------|
| Saturdays: Dec. 3-17; Jan. 7-28; Feb. 4-25 | \$600 |
| Sundays: Dec. 4-18; Jan. 8-29; Feb. 5-26 | \$600 |

Apprentice Program

Grades 8-12

Have a passion for skiing or snowboarding? Ever thought about teaching? Blizzard will provide you with the tools to be a successful instructor upon completion of this two-year program, focused on teaching skills, technical skills and your personal skiing/riding skills. Choose from Monday night clinics and Saturday or Sunday trips, plus three teens-only bonus trips.

| | |
|--|-------|
| Saturdays: Dec. 3-17; Jan. 7-28; Feb. 4-25 | \$600 |
| Sundays: Dec. 4-18; Jan. 8-29; Feb. 5-26 | \$600 |
| Mondays: Dec. 5-19; Jan. 9-30; Feb. 6-27 | \$600 |

Bonus Trips: Thanksgiving Weekend, Martin Luther King Jr. Day and Spirit Mountain

Weekly Trip Fees

Participants are contacted prior to the trip each week to confirm reservation. Using our flexible, pay-as-you-go trip fee structure, pay a weekly trip fee of about \$85 to cover round-trip bus transportation and lift ticket. If you can't attend that week, you don't owe anything!

Bus pick-up locations:

- Ridgedale Shopping Center: Southeast lot by Cheesecake Factory
- 7-Hi Shopping Center: Highway 7 & 101 intersection, parking lot near Dairy Queen
- Mound/Spring Park: Papa Murphy's

Martial Arts

Tae Kwon Do

Reach your full potential through this confidence-building martial arts program that accommodates students at all levels. Instructors from Northwest Martial Arts provide expert training in a fun and safe environment. More info: Contact Nick at bignickolson@gmail.com.

Youth Beginner

Ages 5–14

| Day | Date | Time | Cost | Course |
|------|--------------------|-------------|------|------------|
| M, W | Aug. 8–Sept. 14* | 6–6:45 p.m. | \$78 | 3080501-04 |
| M, W | Sept. 19–Oct. 26** | 6–6:45 p.m. | \$78 | 1080201-01 |
| M, W | Nov 2–Dec. 14*** | 6–6:45 p.m. | \$78 | 1080201-02 |

*No class Sept. 5

** No class Oct. 19

*** No class Nov. 23

Location: Royals Athletic Center (formally Lindbergh) Wrestling Room

Youth Advanced

Ages 5–14

| Day | Date | Time | Cost | Course |
|------|-------------------|-------------|-------|------------|
| M, W | Sept. 19–Dec. 14* | 6:50–8 p.m. | \$156 | 1080201-03 |

* No class Oct. 19, Oct. 31 and Nov. 23

Location: Royals Athletic Center (formally Lindbergh) Wrestling Room



Shaolin Kung Fu

Ages 5 and older

Learn traditional Shaolin Kung Fu in a fun, relaxed atmosphere. Classes are non-competitive and designed to teach punching and kicking techniques, self-defense, sparring, board breaking and use of traditional instruments. For questions regarding class format or uniforms, please contact Bob at shifu@munkungfu.com.

If you register for a Beginner, Intermediate or Advanced class AND Instrument and Sparring in the same session, the combined cost is \$79. IMPORTANT: To obtain discount when registering online, you must add the Instrument and Sparring class to your cart AFTER you add the regular class.

| Day | Date | Time | Level | Cost | Course |
|-----|----------------|--------------|--------------|------|------------|
| Sa | Oct. 1–Nov. 19 | 11 a.m.–noon | Beginner | \$59 | 1080101-01 |
| Sa | Oct. 1–Nov. 19 | Noon–1 p.m. | Intermediate | \$59 | 1080101-02 |
| Sa | Oct. 1–Nov. 19 | 2–3 p.m. | Advanced | \$59 | 1080101-04 |

Location: Royals Athletic Center (formally the Lindbergh Center)

Wrestling Room (Eisenhower Community Center Gym N on Nov. 19)

Instrument and Sparring

| Day | Date | Time | Cost | Course |
|-----|----------------|----------|------|------------|
| Sa | Oct. 1–Nov. 19 | 1–2 p.m. | \$59 | 1080101-03 |

Location: Hopkins High School Dance Studio (Eisenhower Community Center Gym N on Nov. 19)

ADULT ATHLETICS AND PROGRAMS

Adult Leagues

Adult Volleyball Leagues

Ages 18 and older

Teams of six compete in 10 weekly games at specified competition levels: Gold, Silver A, Silver B or Bronze. The top teams move into a one-night playoff round. Registration opens Aug. 1 for returning teams and Aug. 8 for new teams. To register, call 952-939-8203. More info: minnetonkamn.gov/volleyball

| Day | Date | League | Cost | Course |
|-----|------------------|------------------------|-------|------------|
| M | Sept. 26-Dec. 12 | Women's | \$275 | 1010601-01 |
| W | Sept. 28-Dec. 14 | Men's | \$275 | 1010601-02 |
| W | Sept. 28-Dec. 14 | Co-Rec Silver B | \$275 | 1010601-05 |
| Th | Sept. 29-Dec. 15 | Co-Rec (all divisions) | \$275 | 1010601-03 |

*No matches Oct. 31, Nov. 23 and Nov. 24

Location: Royals Athletic Center or Hopkins West Junior High

5-Player Adult Basketball League

Ages 18 and older

Challenge your skills in this fun, fast-paced, 10-week basketball league. Choose from three divisions: Gold, Silver and Bronze. Registration opens Aug. 22 for returning teams and Aug. 29 for new teams. Registration must be made under the team manager's account. Games are at 6:45 p.m., 7:45 p.m. and 8:45 p.m.

NEW THIS YEAR: The top four teams in each division will move into a two-night playoff tournament. All other teams will play a single playoff game against their closest opponent.

| Day | Date | Level | Cost | Course |
|-----|-----------------|--------|------------|------------|
| W | Oct. 19-Jan. 25 | Gold | \$630/team | 1010101-01 |
| W | Oct. 19-Jan. 25 | Silver | \$630/team | 1010101-02 |
| W | Oct. 19-Jan. 25 | Bronze | \$630/team | 1010101-03 |

*No games Nov. 23 and Dec. 28

Location: Royals Athletic Center and Hopkins High School

Adult Indoor Co-Rec Soccer League



Play traditional soccer on an indoor court. We offer six- or seven-week sessions (depending on number of teams). Teams play seven players (goalie plus six), with at least two females on the court at all times. Games are played Sunday evenings as early as 5:30 p.m. or as late as 9:30 p.m.

Uniform: The program fee does not include the official league shirt, which must be worn by all players and can be purchased at the Recreation Services office for \$15, if needed.

| Day | Date | Session | Cost | Course |
|-----|------------------|---------|-------|------------|
| Su | Oct. 23-Dec. 11 | Fall | \$525 | 1010401-01 |
| Su | Jan. 8-Feb. 26 | Winter | \$525 | 1010401-02 |
| Su | March 5-April 23 | Spring | \$525 | 1010401-03 |

*No league play Nov. 27, Feb. 12 and April 9

Location: Royals Athletic Center

Men's Broomball League

Ages 18 and older

Get on the ice and challenge your team of six in some broomball. Each team competes in eight regular season games over six weeks, with two nights of double-headers. Following the regular season, all teams move into a one-night playoff round. Team registration opens Oct. 3. More info: minnetonkamn.gov/broomball

| Day | Date | Time | Cost | Course |
|-----|----------------|-----------|-------|------------|
| Th | Jan. 5-Feb. 16 | 6-10 p.m. | \$400 | 2010201-01 |

Location: Valley Park and Harley Hopkins (Hopkins)

General Programs

Adult Ninja Class

Ages 18 and older



Adult ninja classes develop strength, balance and agility! During this eight-week course, learn different styles and techniques to master all obstacles, including warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders—all Ninja inspired obstacles.

| Day | Date | Time | Cost | Course |
|-----|-----------------|----------|-------|------------|
| Tu | Sept. 6-Oct. 25 | 8-9 p.m. | \$150 | 1010901-01 |
| Tu | Nov. 1-Dec. 20 | 8-9 p.m. | \$150 | 1010901-02 |

Location: Conquer Ninja, 7000 Washington Ave. S. (Eden Prairie)

Badminton Club

Ages 15 and older

Play in one of the most popular badminton clubs in the Twin Cities. Learn the sport of badminton or improve your skills by playing against a wide variety of ability levels. Up to six courts are set up for doubles play. Players have the option of signing up for Mondays, Wednesdays and/or Fridays. More info: minnetonkamn.gov/badminton

Discount: 10 percent if you register for two nights per week; 20 percent for three nights per week

| Day | Date | Time | Cost | Course |
|-----|------------------|-------------|------|------------|
| M | Sept. 12-Nov. 28 | 7-9:30 p.m. | \$52 | 1010802-01 |
| W | Sept. 7-Nov. 30 | 7-9:30 p.m. | \$52 | 1010802-02 |
| F | Sept. 9-Nov. 25 | 7-9:30 p.m. | \$52 | 1010802-03 |

Location: Royals Athletic Center or Tanglen Elementary School



Parents-Specific Personal Defense and Safety Training



Ages 21 and older

Parents have a paramount role in keeping their kids and themselves safe. This interactive presentation-style class will give parents of young kids a practical, principle-based approach to safety that focuses on everyday situations that many parents face. Understand how to avoid a problem yet learn tactics to get out of one.

| Day | Date | Time | Cost | Course |
|-----|----------|-----------------|------|------------|
| Sa | Sept. 17 | 9:30-11:30 a.m. | \$35 | 1010701-01 |
| M | Nov. 14 | 5:30-7:30 p.m. | \$35 | 1010701-02 |

Location: Community Room, Minnetonka Community Center, Minnehaha Room (Sept. 17);
Minnetonka Fire Department, Room 207A (Nov. 14)

Personal Defense and Safety Training

Ages 18 and older

Defending yourself, with no rules, against uncooperative persons, there's no time to think and remember a specific "technique." This interactive presentation-style class gives a foundation of principles to avoid a problem supported by practical responses to escape a clear and present threat to your safety.

| Day | Date | Time | Audience | Cost | Course |
|-----|---------|----------------|----------|------|------------|
| Th | Oct. 27 | 5:30-7:30 p.m. | Women's | \$35 | 1010701-03 |
| Th | Dec. 15 | 5:30-7:30 p.m. | Men's | \$35 | 1010701-04 |

Location: Community Room, Minnetonka Community Center (Oct. 27);
Minnehaha Room (Dec. 15)

Martial Arts

Shaolin Kung Fu

Ages 5 and older

Learn traditional Shaolin Kung Fu in a fun, relaxed atmosphere. Classes are non-competitive and designed to teach punching and kicking techniques, self-defense, sparring, board breaking and use of traditional instruments. For questions regarding class format or uniforms, please contact Bob at shifu@mnkungfu.com.

If you register for a Beginner, Intermediate or Advanced class AND Instrument and Sparring in the same session, the combined cost is \$79. IMPORTANT: To obtain discount when registering online, you must add the Instrument and Sparring class to your cart AFTER you add the regular class.

| Day | Date | Time | Level | Cost | Course |
|-----|----------------|--------------|--------------|------|------------|
| Sa | Oct. 1-Nov. 19 | 11 a.m.-noon | Beginner | \$59 | 1080101-01 |
| Sa | Oct. 1-Nov. 19 | Noon-1 p.m. | Intermediate | \$59 | 1080101-02 |
| Sa | Oct. 1-Nov. 19 | 2-3 p.m. | Advanced | \$59 | 1080101-04 |

Location: Royals Athletic Center Wrestling Room (Eisenhower Community Center Gym N on Nov. 19)

Instrument and Sparring

| Day | Date | Time | Cost | Course |
|-----|----------------|----------|------|------------|
| Sa | Oct. 1-Nov. 19 | 1-2 p.m. | \$59 | 1080101-03 |

Location: Hopkins High School Dance Studio (Eisenhower Community Center Gym N on Nov. 19)

Tae Kwon Do

Ages 18 and older

Reach your full potential through this confidence-building martial arts program that accommodates students at all levels. Instructors from Northwest Martial Arts provide expert training in a fun and safe environment. More info: Contact Nick at bignickolson@gmail.com

| Day | Date | Time | Cost | Course |
|------|--------------------|-------------|------|------------|
| M, W | Aug. 8-Sept. 14* | 6:50-8 p.m. | \$78 | 3080501-12 |
| M, W | Sept. 19-Oct. 26** | 6:50-8 p.m. | \$78 | 1080201-04 |
| M, W | Nov 2-Dec. 14*** | 6:50-8 p.m. | \$78 | 1080201-07 |

*No class Sept. 5

** No class Oct. 19

***No class Nov. 23

Location: Royals Athletic Center Wrestling Room



SENIOR SERVICES

Minnetonka Community Center
14600 Minnetonka Blvd.
952-939-8393

Fall 2022 Registration Opens
Thursday, Aug. 11, 8 a.m.

Senior Services Mission

Minnetonka Senior Services programs and resources seek to engage with the diverse needs and interests of Minnetonka residents ages 55 and older.

Senior Script Newsletter

The Senior Script is an informational monthly newsletter included in the Minnetonka Memo, which is mailed to residents monthly. Copies are available at the community center and posted online at minnetonkamn.gov/seniorservices.

Weekly Email Updates

Minnetonka Senior Services provides weekly email updates about activities, trips, events and volunteer opportunities. To receive updates, please contact Kaylee Coonan at kcoonan@minnetonkamn.gov.

For monthly senior services emails, subscribe at minnetonkamn.gov/seniorservices.

All programs take place at the Minnetonka Community Center, unless otherwise noted.



Senior Services

Blood Pressure Screenings: First and third Friday and second Wednesday of the month, 9:30-10:30 a.m.

Foot Care Clinic: Happy Feet is currently not taking new clients at the Minnetonka Community Center. For more information, call Happy Feet at 763-560-5136 or happyfeetfootcare.com.

The **HOME program** has staff and volunteers to help with indoor and outdoor chores. Email home@seniorcommunity.org or call 952-746-4046 to learn more.



SENIOR
COMMUNITY
SERVICES

Senior Outreach Services helps seniors, and their family members, access the most appropriate and affordable combination of services available to help them stay in their community. To make an appointment, contact Sara Roberts, LSW at s.roberts@seniorcommunity.org or 612-868-6720.

Volunteer opportunities are also available. To learn more visit seniorcommunity.org/volunteer, email scsvolunteer@seniorcommunity.org or call 952-767-7894.

Transit Link through Metro Transit: Transportation from your home to doctor appointments, grocery stores, community center, etc. Call 651-602-5465 or visit metrotransit.org/transit-link.

General Programs

Defensive Driving

Ages 55 and older

If you've taken a state-approved, eight-hour driver safety course, you can renew through this four-hour refresher course. Bring your driver's license.

Register: mnsafetycenter.org or call the Minnesota Highway Safety Center at 1-888-234-1294, Monday-Friday, 8 a.m.-4 p.m.

4-Hour Refresher Class

| Day | Date | Time | Cost |
|-----|----------|----------------|------|
| Tu | Aug. 2 | 9 a.m.-1 p.m. | \$24 |
| Th | Aug. 18 | 9 a.m.-1 p.m. | \$24 |
| Tu | Aug. 30 | 9 a.m.-1 p.m. | \$24 |
| Th | Sept. 8 | 9 a.m.-1 p.m. | \$24 |
| M | Sept. 12 | 5:30-9:30 p.m. | \$24 |
| Th | Oct. 6 | 9 a.m.-1 p.m. | \$24 |
| W | Oct. 26 | 5:30-9:30 p.m. | \$24 |
| Th | Nov. 3 | 9 a.m.-1 p.m. | \$24 |
| Tu | Nov. 15 | 9 a.m.-1 p.m. | \$24 |
| Th | Dec. 1 | 9 a.m.-1 p.m. | \$24 |
| Tu | Dec. 13 | 9 a.m.-1 p.m. | \$24 |

8-Hour First Time Class

| Day | Date | Time | Cost |
|------|---------------|----------------|------|
| M, W | Sept. 19 & 21 | 5:30-9:30 p.m. | \$28 |

Location: Minnetonka Community Center, Community Room



Dementia Friends Classes

Learn helpful communication strategies, everyday task tips and conversation hints to engage with those living with dementia.

| Day | Date | Time | Cost | Course |
|-----|--------|----------------|------|------------|
| Tu | Aug. 2 | Noon-1:15 p.m. | Free | 4180706-04 |
| Tu | Oct. 4 | Noon-1:15 p.m. | Free | 4180706-05 |
| Tu | Dec. 6 | Noon-1:15 p.m. | Free | 4180706-06 |

Location: Minnetonka Community Center

Memory Café

A Memory Café is a welcoming place for people with dementia and their caregivers to socialize and share experiences.

A licensed social worker from Senior Community Services will conduct a caregiver support group, Hennepin County Library staff will share resources and Hennepin County Master Gardeners will lead a variety of gardening activities.

Learn more at minnetonkamn.gov/dementiafriendly.

Registration is required for each free monthly program. Please register the names of both the participant and caregiver, as both must attend. Pairs may attend one café per month.

Fall Kick Off Reception

| Day | Date | Time | Cost | Course |
|-----|---------|-------------|------|------------|
| Tu | Aug. 16 | 1:30-3 p.m. | Free | 3180701-08 |

All About Herbs

| Day | Date | Time | Cost | Course |
|-----|----------|-------------|------|------------|
| Tu | Sept. 6 | 1:30-3 p.m. | Free | 1180701-01 |
| Tu | Sept. 20 | 1:30-3 p.m. | Free | 1180701-02 |

Birds in our Backyard

| Day | Date | Time | Cost | Course |
|-----|---------|-------------|------|------------|
| Tu | Oct. 4 | 1:30-3 p.m. | Free | 1180701-03 |
| Tu | Oct. 18 | 1:30-3 p.m. | Free | 1180701-04 |

Forcing Bulbs

| Day | Date | Time | Cost | Course |
|-----|---------|-------------|------|------------|
| Tu | Nov. 1 | 1:30-3 p.m. | Free | 1180701-05 |
| Tu | Nov. 15 | 1:30-3 p.m. | Free | 1180701-06 |

Winter Arrangement

| Day | Date | Time | Cost | Course |
|-----|---------|-------------|------|------------|
| Tu | Dec. 6 | 1:30-3 p.m. | Free | 1180701-07 |
| Tu | Dec. 20 | 1:30-3 p.m. | Free | 1180701-08 |

Location: Minnetonka Community Center



Traveling Naturalist

Rare Place: New Zealand's North Island

This is a place so isolated that what comes here stays here unchanged. Visit the rare natural and human beauty of this island nation without the long plane trip. Presented by Melonie Shipman.

| Day | Date | Time | Cost | Course |
|-----|---------|------------------|------|------------|
| Th | Sept. 8 | 10:30-11:30 a.m. | \$5 | 1100303-01 |

Rare Wildlife: New Zealand's South Island



Explore the least visited area of this ancient and unique landscape without leaving your chair. You will learn more about the sperm whale, the yellow-eyed penguin and the kiwi bird. Presented by Melonie Shipman.

| Day | Date | Time | Cost | Course |
|-----|---------|------------------|------|------------|
| Th | Nov. 17 | 10:30-11:30 a.m. | \$5* | 1100303-02 |

Location: Minnetonka Community Center

*Veterans Month programming: Fee waived for veterans and spouse of veterans

SENIOR HOUSING FAIR

Minnetonka Senior Services, in coordination with the Senior Advisory Board, is hosting a Senior Housing Fair. Meet representatives from many different senior housing facilities in Minnetonka, along with other businesses, to help you transition to a new home. Stop by to see the different options for seniors wanting to live in Minnetonka.

Tuesday, Sept. 20
10 a.m.-noon
Minnetonka Community Center
Banquet Room

There's no place like home.



Monthly Party

Join us for good food and good friends at our monthly parties.

Brunchy Lunchy

Menu: Pancakes, sausage, breakfast potatoes, fruit and dessert.*

| Day | Date | Time | Cost | Course |
|-----|---------|------|------|------------|
| F | Sept. 9 | Noon | \$8 | 1100101-01 |

Register by Sept. 6

Oktoberfest

Menu: Brats, roasted potatoes, broccoli slaw, keg root beer and dessert.*

| Day | Date | Time | Cost | Course |
|-----|--------|------|------|------------|
| Wed | Oct. 5 | Noon | \$8 | 1100102-01 |

Register by Sept. 30

Thanksgiving

Menu: Turkey, stuffing, mashed potatoes, gravy, cranberries, roll and dessert.*

| Day | Date | Time | Cost | Course |
|-----|---------|------|------|------------|
| F | Nov. 11 | Noon | \$8 | 1100103-01 |

Register by Nov. 8

Holiday Gala

Menu: Ham, scalloped potatoes, green beans, bread roll and dessert.*

| Day | Date | Time | Cost | Course |
|-----|---------|------|------|------------|
| Th | Dec. 15 | TBD | \$8 | 1100104-01 |

Register by Dec. 12

Location: Minnetonka Community Center, Banquet Room

*In addition to the advertised meal, gluten free, vegetarian, vegan and/or nut free meals can be requested when registering.





Child Safety for Grandparents

Many grandparents are providing a significant level of child care to their grandchildren. Learn about accident prevention, what to do in case of an emergency and the lifesaving skills for helping a child or baby who is choking. Instructor: Joan Mitchell, a certified American Red Cross instructor.

| Day | Date | Time | Cost | Course |
|-----|----------|--------------|------|------------|
| W | Sept. 21 | 9-11:30 a.m. | \$25 | 1180403-01 |
| W | Oct. 26 | 9-11:30 a.m. | \$25 | 1180403-02 |
| W | Nov. 16 | 9-11:30 a.m. | \$25 | 1180403-03 |
| W | Dec. 7 | 9-11:30 a.m. | \$25 | 1180403-04 |

Location: Minnetonka Community Center

Introduction to Amateur Astronomy: Fall Night Sky Observing

Learn about and observe fall constellations. After an informal lesson, we'll head outside for a high-tech stargazing session. Instructor: Patrick Drigans.

| Day | Date | Time | Course |
|-----|----------|-------------|-----------------|
| W | Sept. 21 | 7:30-9 p.m. | \$10 1180301-01 |
| Tu | Oct. 25 | 6:30-8 p.m. | \$10 1180301-02 |
| W | Nov. 16 | 6:30-8 p.m. | \$10 1180301-03 |

Location: Minnetonka Community Center, Council Chambers

Lunch & Movie

Enjoy lunch followed by a movie. Check the monthly Senior Script for movie titles.

September

Menu: Lasagna, side salad, garlic bread and dessert.*

| Day | Date | Time | Cost | Course |
|-----|----------|------|------|------------|
| Th | Sept. 22 | Noon | \$8 | 1100201-01 |

Register by Sept. 19

October

Menu: Wild rice soup, salad, roll and dessert.*

| Day | Date | Time | Cost | Course |
|-----|---------|------|------|------------|
| F | Oct. 21 | Noon | \$8 | 1100202-01 |

Register by Oct. 18

November



Menu: Chicken stir fry with vegetables, rice and dessert.*

| Day | Date | Time | Cost | Course |
|-----|--------|------|-------|------------|
| W | Nov. 2 | Noon | \$8** | 1100203-01 |

Register by Oct. 28

December

Menu: Pulled pork sandwiches, potato chips, salad and dessert.*

| Day | Date | Time | Cost | Course |
|-----|--------|------------|------|------------|
| Tu | Dec. 6 | 10:30 a.m. | \$8 | 1100204-01 |

Register by Dec. 1

*In addition to the advertised meal, gluten free, vegetarian, vegan and/or nut free meals can be requested when registering.

**Veterans Month programming: Fee waived for veterans and spouse of veterans

Location: Minnetonka Community Center, Banquet Room

Fall Hike to Jidana Park

Take a two-mile, round-trip hike from the Minnetonka Community Center to Jidana Park. Enjoy roasting brats over the campfire, with coffee and dessert.

| Day | Date | Time | Cost | Course |
|-----|----------|----------------|------|------------|
| F | Sept. 23 | 11 a.m.-1 p.m. | \$4 | 1190802-01 |

Location: Meet at the Minnetonka Community Center

VIRTUAL: Instant Piano for Busy People

Learn how to play the piano in a few hours, via Zoom. This virtual class will get you playing the way professionals do, using chords. Course includes an online book and online follow-up video lessons. You must have your own piano to participate. Instructor: Craig Coffman.

| Day | Date | Time | Cost | Course |
|-----|----------|----------------|------|------------|
| M | Sept. 26 | 6:30-9:30 p.m. | \$50 | 1180405-01 |

Location: Virtual

VIRTUAL: Instant Guitar for Busy People

Learn how to play the guitar in a few hours, via Zoom. This virtual class will teach you basic chords and get you playing along with your favorite songs. Course includes an online book and online follow-up video lessons. You must have your own guitar to participate. Instructor: Craig Coffman.

| Day | Date | Time | Cost | Course |
|-----|----------|----------------|------|------------|
| Tu | Sept. 27 | 6:30-9:30 p.m. | \$50 | 1180407-01 |

Location: Virtual

Adopt A Highway

Help keep Minnetonka beautiful by picking up along Minnetonka Boulevard between I-494 and County Road 73. Volunteers walk one way for one mile. The program lasts two to three hours and refreshments and coffee are available at the end. Safety vests, bags and pick-up sticks provided. Registration is required.

| Day | Date | Time | Cost | Course |
|-----|----------|--------|------|------------|
| W | Sept. 28 | 1 p.m. | Free | 1190601-01 |

Location: Meet at the Minnetonka Community Center

Book & Pie SALE

Minnetonka Senior Services, in coordination with the Senior Advisory Board, hosts the annual book and pie sale. Most books are \$1. Purchase pie by the slice, sloppy joes and coffee.

At 3 p.m., be sure to stop by for steep discounts at the blow out sale (\$3 for all you can fit in the bag.)

Donations accepted one day only!

Monday, Oct. 17 from 9 a.m.-3 p.m.

Tuesday, Oct. 18
11 a.m.-4 p.m.

Minnetonka Community Center
Banquet Room



Art Classes

Acrylic Painting: Underwater

Beginners

Focus on creating underwater scenes. Please bring two 11" x 14" canvases. Terri will provide the rest of the supplies needed. Instructor: Terri Berg.

| Day | Date | Time | Cost | Course |
|-----|------------|----------|------|------------|
| W | Sept. 7-28 | 1-3 p.m. | \$50 | 1130301-01 |

Location: Minnetonka Community Center

Acrylic Painting: Mountainscapes

Beginners

Focus on creating mountainscapes. Please bring two blank 11" x 14" canvases. Terri will provide the rest of the supplies needed. Instructor: Terri Berg.

| Day | Date | Time | Cost | Course |
|-----|----------------|----------|------|------------|
| W | Oct. 12-Nov. 2 | 1-3 p.m. | \$50 | 1130302-01 |

Location: Minnetonka Community Center

Acrylic Painting: Holiday

Beginners

Focus on creating holiday-themed artwork. Please bring two blank 11" x 14" canvases. Terri will provide the rest of the supplies needed. Instructor: Terri Berg.

| Day | Date | Time | Cost | Course |
|-----|----------------|----------|------|------------|
| W | Nov. 16-Dec. 7 | 1-3 p.m. | \$50 | 1130303-01 |

Location: Minnetonka Community Center

Fun with Watercolor: How to Simplify Reference Photos

Beyond Beginners

Learn how to use your phones and tablets to crop, adjust exposure and more. Class starts with a demo and continues with guidance through the painting process. Supply list provided at registration. Instructor: Vera Kovacovic.

| Day | Date | Time | Cost | Course |
|-----|----------------|--------------|------|------------|
| Tu | Oct. 11-Nov. 8 | 10 a.m.-noon | \$50 | 1130101-01 |

Location: TBD

Fun with Watercolor: Images of the Season

Beyond Beginners

Paint a variety of subjects from holiday still life to landscapes, plants and animals. Each class starts with a demo and guidance throughout the painting process. Reference images are provided. Supply list provided at registration. Instructor: Vera Kovacovic.

| Day | Date | Time | Cost | Course |
|-----|-----------------|--------------|------|------------|
| Tu | Nov. 29-Dec. 20 | 10 a.m.-noon | \$40 | 1130102-01 |

Location: TBD

Special Interest Groups

Join one of our Special Interest Groups! The majority of the groups listed below are free. Yearly registration is required. Drop in as your schedule allows.



- 500 Evening
- Art Studio Monday
- Art Studio Friday
- Bingo
- Book Club
- Bucket List Book Club
- Bulls & Bears Investment Club
- Bunco
- Caregiver Conversations
- Choir
- Computer Club
- Crafting for a Cause
- Cribbage
- Dominoes
- Duplicate Bridge
- Garden Club
- Genealogy
- Ham Radio
- Hand, Foot & Toe
- Mahjongg
- Men's Discussion Group
- Minnetonka Bike Club
- Minnetonka Bird Club
- Open Play Games & Cards
- Poker Club
- Shutterbugs
- Social Bridge
- Tale Spinners
- Woodcarvers

British History Classes

The Queen's House of Windsor

The Royal House of Windsor is in the spotlight again, but this time we are looking at a new king in the near future. What has Elizabeth II changed? What will Charles change? Learn what the change will cost the house and the people. Instructor: Terry Kubista.

| Day | Date | Time | Cost | Course |
|-----|------------|----------|------|------------|
| Th | Sept. 8-29 | 1-3 p.m. | \$28 | 1180101-01 |

Location: Minnetonka Community Center

The Crusades

Learn about the Crusades, what they accomplished and where they failed. Can we trust what we hear about them and their leaders? Instructor: Terry Kubista.

| Day | Date | Time | Cost | Course |
|-----|-----------|----------|------|------------|
| Th | Oct. 6-27 | 1-3 p.m. | \$28 | 1180101-02 |

Location: Minnetonka Community Center

Stone Structures

Ireland, Scotland and England are home to some of the world's oldest stone structures. Let's go exploring with the aid of some of the newest scientific findings. Instructor: Terry Kubista.

| Day | Date | Time | Cost | Course |
|-----|-----------|----------|------|------------|
| Th | Nov. 3-17 | 1-3 p.m. | \$21 | 1180101-03 |

Location: Minnetonka Community Center

The British Empire/The Colonies

Learn about the value of the colonies and if it was worth the pain it caused. Hear about the effect the British Empire of Victoria's age had on the world attitude today. Instructor: Terry Kubista.

| Day | Date | Time | Cost | Course |
|-----|-----------|----------|------|------------|
| Th | Dec. 1-22 | 1-3 p.m. | \$28 | 1180101-04 |

Location: Minnetonka Community Center

History

The Great Fathers of US Presidents

Discuss the fathers that greatly impacted the future US Presidents both for good and bad. Presenter: Phil Kibort.

| Day | Date | Time | Cost | Course |
|-----|---------|------------------|------|------------|
| W | Sept. 7 | 10:30-11:30 a.m. | \$2 | 1180204-01 |

Location: Minnetonka Community Center

Minnehaha Creek in the 1800s

Learn about the Native Americans and settlers who left their legacies living near the creek from Lake Harriet to Lake Minnetonka in the 19th century: Little Crow, Pond, Gray, Burwell, Loring and King. Presenter: Bill Jepson.

| Day | Date | Time | Cost | Course |
|-----|----------|------------------|------|------------|
| Tu | Sept. 27 | 10:30-11:30 a.m. | \$3 | 1180202-01 |

Location: Minnetonka Community Center

1936 Berlin Olympics: The Nazi Games

The 1936 Olympic Games held in Berlin are notorious for the tightly controlled image the Nazis presented to the world. But, these games also became a blueprint for future games that is followed to the present day. Presenter: David Jones.

| Day | Date | Time | Cost | Course |
|-----|---------|-----------------|------|------------|
| W | Oct. 19 | 10:30 a.m.-noon | \$4 | 1180203-01 |

Location: Minnetonka Community Center

Great Wonders of our World Tour



Travel through 5,000 years of time with your tour guide's photos and memories of 30 amazing places from the Pyramids to the Parthenon, the Great Wall to the Vatican. Presenter: Bill Jepson.

| Day | Date | Time | Cost | Course |
|-----|---------|------------------|------|------------|
| Tu | Nov. 15 | 10:30-11:45 a.m. | \$2* | 1180201-01 |

Location: Minnetonka Community Center

*Veterans Month programming: Fee waived for veterans and spouse of veterans

Presentations

Who Will Inherit the Mess?

Learn the differences between wills and trusts, how to avoid the pitfalls of probate and why it is vital that you (*and any child over the age of 18*) have a current Power of Attorney and Health Care Directive form in place. Presenter: Jeff Litfin, certified estate planner.

| Day | Date | Time | Cost | Course |
|-----|---------|---------------|------|------------|
| Tu | Sept. 6 | 10-11:30 a.m. | \$2 | 1180401-01 |

Location: Minnetonka Community Center

The 25 Documents Needed Before You Pass Away

A master collection of essential documents, so your family can help while you are here and successfully settle your estate after you're gone. Presenter: Jeff Litfin, certified estate planner.

| Day | Date | Time | Cost | Course |
|-----|--------|---------------|------|------------|
| Tu | Oct. 4 | 10-11:30 a.m. | \$2 | 1180402-01 |

Location: Minnetonka Community Center

Estate Planning for Veterans



This session will focus on estate planning topics with a special emphasis on issues unique to veterans and their families, including VA versus non-VA medical directives, coordination of VA life policies with your estate plan, use of powers of attorneys compared to the VA fiduciary process and more. Presenter: Mary Frances Price, Minnesota Elder Law attorney.

| Day | Date | Time | Cost | Course |
|-----|--------|------------------|------|------------|
| W | Nov. 9 | 10:30-11:30 a.m. | \$2* | 1180410-01 |

Location: Minnetonka Community Center

*Veterans Month programming: Fee waived for veterans and spouse of veterans

Firearms and Estate Planning

Did you know you need to have a plan for your firearms after you pass away? Learn what the state and federal requirements are to ensure proper handling of firearms in your estate plan. Presenter: Mary Frances Price, Minnesota Elder Law attorney.

| Day | Date | Time | Cost | Course |
|-----|--------|------------------|------|------------|
| W | Dec. 7 | 10:30-11:30 a.m. | \$2 | 1180411-01 |

Location: Minnetonka Community Center

Technology Classes

Working with the Cloud: Android Devices, Part I

Windows users only. Not intended for Apple users.

Learn how to transfer photos from your phone to your computer, saving them in folders on your computer. You'll also learn how to back up your photos onto a jump drive. Laptops with cords, Android phones and chargers recommended. No tablets. Instructor: Abbey Key.

| Day | Date | Time | Cost | Course |
|-----|---------|--------------|------|------------|
| Th | Oct. 13 | 10 a.m.-noon | \$9 | 1180601-01 |

Location: Minnetonka Community Center

Working with the Cloud: Android Devices, Part II

Windows users only. Not intended for Apple users.

Learn about uploading photos to the cloud, creating folders in the cloud, sharing, whether your cloud is on and how much space you have available. Laptops with cords, Android phones and chargers recommended. No tablets. Instructor: Abbey Key.

| Day | Date | Time | Cost | Course |
|-----|---------|--------------|------|------------|
| Th | Oct. 20 | 10 a.m.-noon | \$9 | 1180602-01 |

Location: Minnetonka Community Center

One-on-One Cell Phone Help

Hopkins High School ProPEL students provide free one-on-one help with your phone.

| Day | Date | Time | Cost | Course |
|-----|---------|----------------|------|------------|
| M | Oct. 24 | 2:30-3:30 p.m. | Free | 1180605-01 |

Location: Minnetonka Community Center

Fitness

Minnetonka Bike Club

Enjoy the amazing trail system of Minnetonka and the Twin Cities. The bike club provides moderate exercise under safe conditions and encourages social interaction and friendship-building. We offer three groups; each with a different ability level and biking different speeds, distances and terrain. Class I E-bikes are also welcome. More info: mtkabikers.org.

| Day/Time | Date | Cost | Course |
|----------|--------------|-----------|------------|
| Varies | Through Oct. | \$10/year | 4120108-01 |

Location: Varies

Senior Softball League

Ages 70 and older

Our slow-pitch softball has modified rules to allow for competitive play without the risk of serious injury. Registration will be accepted throughout the season, at the field. Cash or check only please.

| Day | Date | Time | Cost | Course |
|------|-----------|--------|------|------------|
| M, W | June-Oct. | 9 a.m. | \$25 | 3120201-01 |

Location: Big Willow Park

Over 50 and Fit

Enjoy music and fitness three days a week. This course is taught by volunteers.

| Day | Date | Time | Cost | Course |
|---------|----------------|-----------|-----------|------------|
| M, W, F | Jan. 2-Dec. 30 | 9-10 a.m. | \$12/year | 4090702-08 |

Location: Minnetonka Community Center, Banquet Room



Yoga

These gentle classes are designed to create greater balance, mobility and strength, while breath work and relaxation techniques quiet the mind and reduce stress. It is not necessary to do every posture or movement. The participant decides what is right on any given day.

Chair-Supported Yoga

Most chair-supported yoga takes place while seated on a chair and includes plenty of stretching and warm-up exercises. Guided breath work and visualization help to release tension, relax and restore the body and calm the mind. Instructors: Susan Blacker (Tu/Th morning), Karen Murray (Th evening), Abbi Rose (Sa).

| Day | Date | Time | Cost | Course |
|-----|-------------------|-----------------|------|------------|
| Tu | Sept. 6-27 | 9:45-10:45 a.m. | \$24 | 1090101-01 |
| Th | Sept. 8-29 | 9:45-10:45 a.m. | \$24 | 1090101-02 |
| Th | Sept. 8-29 | 6-7 p.m. | \$24 | 1090101-03 |
| Sa | Sept. 10-Oct. 29* | 9:45-10:45 a.m. | \$42 | 1090101-04 |
| Tu | Oct. 4-25 | 9:45-10:45 a.m. | \$24 | 1090101-05 |
| Th | Oct. 6-27 | 9:45-10:45 a.m. | \$24 | 1090101-06 |
| Th | Oct. 6-27 | 6-7 p.m. | \$24 | 1090101-07 |
| Tu | Nov. 1-15 | 9:45-10:45 a.m. | \$18 | 1090101-08 |
| Th | Nov. 3-17 | 9:45-10:45 a.m. | \$18 | 1090101-09 |
| Th | Nov. 3-17 | 6-7 p.m. | \$18 | 1090101-10 |
| Sa | Nov. 5-Dec. 31* | 9:45-10:45 a.m. | \$48 | 1090101-11 |
| Tu | Dec. 6-20 | 9:45-10:45 a.m. | \$18 | 1090101-12 |
| Th | Dec. 8-22 | 9:45-10:45 a.m. | \$18 | 1090101-13 |
| Th | Dec. 8-22 | 6-7 p.m. | \$18 | 1090101-14 |

* No class Sept. 24 or Dec. 24

Location: Minnetonka Community Center, Purgatory Creek Room

Gentle Yoga Level I (Formerly Intermediate Yoga)

Gentle Yoga Level I includes standing and balance postures. Guided breath work and visualization help release tension, relax and restore the body and calm the mind. Participants should have the ability to get up and down from the floor to complete postures while on the belly or back. Please bring a yoga mat to class. Instructors: Susan Blacker (Tu/Th), Abbi Rose (Sa).

| Day | Date | Time | Cost | Course |
|-----|-------------------|--------------|------|------------|
| Tu | Sept. 6-27 | 11 a.m.-noon | \$24 | 1090201-01 |
| Th | Sept. 8-29 | 11 a.m.-noon | \$24 | 1090201-02 |
| Sa | Sept. 10-Oct. 29* | 11 a.m.-noon | \$42 | 1090201-03 |
| Tu | Oct. 4-25 | 11 a.m.-noon | \$24 | 1090201-04 |
| Th | Oct. 6-27 | 11 a.m.-noon | \$24 | 1090201-05 |
| Tu | Nov. 1-15 | 11 a.m.-noon | \$18 | 1090201-06 |
| Th | Nov. 3-17 | 11 a.m.-noon | \$18 | 1090201-07 |
| Sa | Nov. 5- Dec. 31* | 11 a.m.-noon | \$48 | 1090201-08 |
| Tu | Dec. 6-20 | 11 a.m.-noon | \$18 | 1090201-09 |
| Th | Dec. 8-22 | 11 a.m.-noon | \$18 | 1090201-10 |

* No class Sept. 24 or Dec. 24

Location: Minnetonka Community Center

Slow Flow Vinyasa Yoga

A relaxing yet invigorating style of yoga where participants hold poses for a few breaths. Designed to give all of the muscles good blood flow, strength and flexibility and to relax the mind and nervous system. Instructor: Karen Murray.

| Day | Date | Time | Cost | Course |
|-----|------------|----------|------|------------|
| W | Sept. 7-28 | 6-7 p.m. | \$24 | 1090203-01 |
| W | Oct. 5-26 | 6-7 p.m. | \$24 | 1090203-02 |
| W | Nov. 2-16 | 6-7 p.m. | \$18 | 1090203-03 |
| W | Dec. 7-21 | 6-7 p.m. | \$18 | 1090203-04 |

Location: Minnetonka Community Center

T'ai Chi Chih Instruction

New and continuing students welcome

T'ai Chi Chih is a series of 19 simple movements and one pose that make up a non-martial arts based moving meditation. Slow, gentle, repetitive movements alternate with brief pauses and can be done by people with varying levels of physical ability. Regular practice may result in improved balance and flexibility, increased energy and focus and a sense of calm and well-being. Instructor: Cindy Nelson.

| Day | Date | Time | Cost | Course |
|-----|-----------------|----------|------|------------|
| Tu | Sept. 13-Nov. 1 | 1-2 p.m. | \$40 | 1090301-01 |

Location: Minnetonka Community Center

T'ai Chi Chih Practice

Advanced

Advanced T'ai Chi Chih students learn to go deeper in their practice. *Instructor approval required for class.* Instructor: Monica Campbell (M), Susan Sobelson (W).

| Day | Date | Time | Cost | Course |
|-----|------------------|---------------|------|------------|
| M | Sept. 12-Oct. 17 | 10-11:15 a.m. | \$30 | 1090302-01 |
| W | Sept. 14-Oct. 19 | 1-2 p.m. | \$30 | 1090302-02 |
| M | Oct. 31-Dec. 12* | 10-11:15 a.m. | \$30 | 1090302-03 |
| W | Nov. 2-Dec. 14* | 1-2 p.m. | \$30 | 1090302-04 |

* No class Nov. 21 and Nov. 23

Location: Minnetonka Community Center

Line Dancing

Learn a variety of fun modern and classic line dances and dance them to a variety of music genres. Line dancing improves health, enriches your memory, reduces stress and increases energy levels. Instructor/Choreographer: Kerry Maus.

Line Dancing I (Formerly Beginner)

Ideal for those who are new to line dancing, as well as those who are still getting comfortable with the steps and terminology. Thorough explanation and instruction of the steps as you learn fun dances to a variety of music.

| Day | Date | Time | Cost | Course |
|-----|-------------------|-------------|------|------------|
| Th | Sept. 15–Oct. 13* | 2–2:55 p.m. | \$36 | 1090601-02 |
| Th | Oct. 20–Nov. 17* | 2–2:55 p.m. | \$36 | 1090601-03 |
| Th | Dec. 8–Jan. 5* | 2–2:55 p.m. | \$36 | 1090601-04 |

*No class Oct. 6, Nov. 10, Dec. 22

Line Dancing II (Formerly Intermediate)

Learn more intricate, syncopated steps and turns as you learn dances to a variety of music. Some line dance experience is needed to enjoy this class. A solid foundation of line dance steps is highly recommended.

| Day | Date | Time | Cost | Course |
|-----|-------------------|-------------|------|------------|
| Th | Sept. 15–Oct. 13* | 1–1:55 p.m. | \$36 | 1090602-01 |
| Th | Oct. 20–Nov. 17* | 1–1:55 p.m. | \$36 | 1090602-02 |
| Th | Dec. 8–Jan. 5* | 1–1:55 p.m. | \$36 | 1090602-03 |

*No class Oct. 6, Nov. 10, Dec. 22

Location: Minnetonka Community Center, Purgatory Creek Room



Day Trips

For more detailed information on day trips, please take see the Senior Script or call 952-939-8393.

Gammelgården & Swedish History

Visit Gammelgården in Scandia, Minn. "Gammelgården" means Old Farm in Swedish. Learn about the Välkommen Hus, Präst Hus, Gammel Kyrkan, Ladugård, Immigrant Hus and Swedish Stuga. Deadline to register/cancel is Aug. 15.

| Day | Date | Time | Cost | Course |
|-----|----------|------------------|------|------------|
| Th | Sept. 15 | 8:45 a.m.–4 p.m. | \$72 | 1110102-01 |

Coffee Concert: Runnicles Conducts Vaughan Williams

Enjoy a concert at Orchestra Hall dedicated to the generous donors, who have been at the heart of the Orchestra since its inception in 1903. Deadline to register/cancel is Sept. 13.

| Day | Date | Time | Cost | Course |
|-----|---------|-------------------|------|------------|
| Th | Oct. 13 | 10 a.m.–3:30 p.m. | \$93 | 1110103-01 |

Historic Inns and Chocolate Tastings

Relish the charm of a country inn at the historic Afton House Inn, overlooking the St. Croix River Valley. Tour and enjoy chocolate tasting at a couple historic inns in Stillwater. Register/cancel by Oct. 3.

| Day | Date | Time | Cost | Course |
|-----|--------|---------------------|------|------------|
| Th | Nov. 3 | 9:45 a.m.–4:30 p.m. | \$85 | 1110104-01 |

Duluth for the Holidays

Enjoy holiday lights and decorations at the Glensheen Mansion and at the Bentleyville Tour of Lights. Register/cancel by Oct. 31.

| Day | Date | Time | Cost | Course |
|-----|---------|---------------------|------|------------|
| W | Nov. 30 | 9:30 a.m.–9:45 p.m. | \$95 | 1110106-01 |

'Beauty and the Beast' at the Ordway Theatre

Step into an enchanted world as Broadway at the Ordway proudly presents Disney's "Beauty and the Beast," the beloved Broadway musical stage adaptation of the Academy Award-winning animated film. Register/cancel by Oct. 14.

| Day | Date | Time | Cost | Course |
|-----|---------|-----------------|-------|------------|
| Th | Dec. 29 | 12:30–5:30 p.m. | \$110 | 1110108-01 |

WILLISTON FITNESS CENTER

Williston Fitness Center
14509 Minnetonka Drive, Minnetonka
Phone: 952-939-8370
Fax: 952-939-8380
minnetonkamn.gov/williston

Like us on Facebook and follow us on Instagram



Hours

Monday-Friday: 5:45 a.m.–10 p.m.

Saturday: 6 a.m.–9 p.m.

Sunday: 7:45 a.m.–8 p.m.

Closed on Easter, Memorial Day, July 4, Labor Day, Thanksgiving, Christmas, New Year's Day

Williston Fitness Center is a city-run exercise and fitness center for the entire community.

Work out in the fitness center with new equipment – treadmills, stationary bikes, elliptical cross trainers, stair climbers, weight machines and free weights.

Programs include aerobics classes, personal training, group cycle classes, baseball and softball training, and equipment orientations.

Amenities

- 5 indoor tennis courts
- 25-yard swimming pool
- Baseball and softball cages
- Basketball court
- Fitness Center
- Group fitness studios
- Meeting/party space
- Splash pad
- Treehouse indoor playground
- Whirlpool and sauna
- Pickleball



Membership

Membership is open to Minnetonka, Hopkins* and St. Louis Park residents.

*Hopkins residents pay non-resident rates.

Monthly Membership Rates

| | Resident | Non-Resident |
|---------------------------|----------|--------------|
| Individual (22 and older) | \$45 | \$56 |
| Dual | \$62 | \$77 |
| Household | \$72 | \$89 |
| Senior (60 and older) | \$31 | \$40 |
| Senior Dual | \$45 | \$56 |
| Student (18-21 years) | \$35 | \$45 |

Annual Membership Rates

(paid in full)

| | Resident | Non-Resident |
|---------------------------|----------|--------------|
| Individual (22 and older) | \$507 | \$642 |
| Dual | \$715 | \$894 |
| Household | \$820 | \$1014 |
| Senior (60 and older) | \$358 | \$447 |
| Senior Dual | \$507 | \$642 |
| Student (18-21 years) | \$417 | \$507 |

Extra Membership Fees

| | Fee |
|--|------------|
| One-time registration fee | \$29 |
| Membership hold/freeze | \$5/month |
| Upgrade/downgrade | \$5 |
| Non-Sufficient Funds/Credit card decline | \$30 |
| Additional adult (more than two in household) | \$10/month |

One-Time Guest Fees

| | Fee |
|-------------------|------|
| Ages 0-11 months | Free |
| Ages 1-14 | \$6 |
| Ages 15 and older | \$10 |

Dual Membership

Dual is considered two people living at the same address. One individual must be at least 15 years of age. If one individual is under the age of 15, the other must be an adult 18 years of age or older.

Family Membership

Family is considered one or two adults plus children 21 and under living at the same address.

Youth 14 and younger must join the fitness center with an adult and must be supervised by an adult when using equipment. Youth 12-14 are not permitted to use free weights, machines or cardio equipment until they pass the equipment orientation.

St. Louis Park Residents

St. Louis Park residents are eligible for the Minnetonka resident rate due to a reciprocal agreement between the two cities. (Minnetonka residents are eligible for the St. Louis Park resident rate at the St. Louis Park Aquatics Park.)

Membership Changes

Changes to your membership must be made by the 15th of the current month to take effect the following month.

Child Care

Drop off your child in a fun, safe environment while you work out! Children enjoy playtime with arts and crafts, toys and movies.

Parents and guardians must stay in the facility while children are in child care. There is a two-hour maximum with a \$5 late fee if you exceed two hours.

Child Care Hours (Sept.-May)

| | |
|---------------------|------------------|
| Monday-Friday | 8:45 a.m.-1 p.m. |
| Monday-Thursday | 4-7 p.m. |
| Saturday and Sunday | 7:45 a.m.-1 p.m. |

Child Care Fees

With a Family Membership: Free for the first 75 minutes; \$4/hour per child for each additional hour, billed in 15-minute increments.

Nonmember: \$5/hour per child.

Pickleball

Indoor Courts

October through May.

Please bring your own paddle for use.

Williston Fitness Center, SilverSneakers, Renew Active and Silver&Fit members are free. Nonmembers pay \$5 per day.

| Day | Time |
|-----------------|-----------------------|
| Monday-Thursday | 6-9:30 a.m. |
| Friday | 6-9 a.m. |
| Saturday | 6-9:30 a.m., 1-4 p.m. |

Location: Williston Center

Outdoor Courts

Drop in and play for free at any of our eight pickleball courts at Lone Lake Park, from May through early October, weather permitting.

Williston Fitness Center Group Fitness Classes

Williston Fitness Center offers more than 100 fitness classes per week. All are included with membership or daily admission.

Visit minnetonkamn.gov/fitness to view the current group fitness schedule.

Personal Training

Personal training is an excellent investment in your health and wellness! One-on-one attention from a trainer includes a personalized aerobic and strength program. Participants learn about anatomy, physiology and nutrition. Call 952-939-8375 for more information.

| Fee | 1 session | 4 sessions | 8 sessions | 12 sessions |
|-----------|-----------|------------|------------|-------------|
| Member | \$65 | \$240 | \$440 | \$600 |
| Nonmember | \$75 | \$280 | \$520 | \$720 |

Semi-Private and Group Personal Training

Designed for groups of two to four ready and willing to train together. Participants must form group before registration.

| Fee | 1 session | 4 sessions | 8 sessions | 12 sessions |
|-----------|-----------|------------|------------|-------------|
| Member | \$80 | \$273 | \$485 | \$640 |
| Nonmember | \$95 | \$333 | \$605 | \$812 |

New Member Special

Jump on this great personal training package, including three sessions, for a great price. Offer valid for all new Williston members. One time purchase only.

Fee: \$149

Nutrition Coaching

14 years and older

Work with a registered dietitian to develop a personal meal plan for a healthy lifestyle.

Individual Session: Member \$55; Nonmember \$65

Three Sessions: Member \$130; Nonmember \$140

Wellness Coaching

14 years and older

Meet with a fitness professional to assess your goals and support your path to healthy living.

Individual Session: Member \$55; Nonmember \$65

Three Sessions: Member \$130; Nonmember \$140

Fitness Assessments

Find your baseline measurements of flexibility, endurance, muscular strength, body composition and cardiovascular fitness. Results are reviewed and used to create a personalized fitness plan.

Fee: Member \$45; Nonmember \$65

Equipment Orientation

12 years and older

Learn how to safely and effectively use our fitness equipment. Weekly appointments last approximately 45 minutes.

After completing the orientation, 12- to 14-year-olds gain full access to the fitness area.

See the Williston Fitness Center reception desk to complete an equipment orientation request form.

Individual: \$35

Two or more participants: \$50

Women on Weights

Ages 18 and older

This class utilizes dumbbells, barbells, steps, stability and core training to learn the proper mechanics of weight training, while focusing on muscular strength, core and endurance.

| Day | Dates | Time | Member/ Nonmember Fee | Course |
|-------|------------|----------|--------------------------|------------|
| Tu,Th | Sept. 1-29 | 6-7 p.m. | \$56.25/\$67.50 | 1063701-01 |
| Th | Sept. 1-29 | 1-2 p.m. | \$31.50/\$37.50 | 1063701-05 |
| Tu,Th | Oct. 4-27 | 6-7 p.m. | \$50/\$60 | 1063701-02 |
| Th | Oct. 6-27 | 1-2 p.m. | \$25/\$30 | 1063701-06 |
| Th | Nov. 3-17 | 1-2 p.m. | \$18.75/\$22.50 | 1063701-07 |
| Tu,Th | Nov. 1-29 | 6-7 p.m. | \$50/\$60 | 1063701-03 |
| Tu,Th | Dec. 1-29 | 6-7 p.m. | \$56.25/\$67.50 | 1063701-04 |
| Th | Dec. 1-29 | 1-2 p.m. | \$31.50/\$37.50 | 1063701-08 |

Women on Weights 2 Advanced Class

This class is geared toward the individual who has mastered Women on Weights and ready to take it to the next level. Prerequisite: Women on Weights

| Day | Dates | Time | Member/ Nonmember Fee | Course |
|-------|------------|----------|--------------------------|------------|
| Tu,Th | Sept. 1-29 | 7-8 p.m. | \$56.25/\$67.50 | 1063701-09 |
| Tu,Th | Oct. 4-27 | 7-8 p.m. | \$50/\$60 | 1063701-10 |
| Tu,Th | Nov. 1-29 | 7-8 p.m. | \$50/\$60 | 1063701-11 |
| Tu,Th | Dec. 1-29 | 7-8 p.m. | \$56.25/\$67.50 | 1063701-12 |

Location: Williston Fitness Center, Studio C

TRX Circuit Training

Ages 18 and older

Maximize your workouts with high intensity, powerful movements and fast tempos. This class has timed interval sets combining TRX and cardio drills. Guaranteed to keep your heart rate pumping and burn mega calories while engaging in intense body conditioning.

| Day | Dates | Time | Member/ Nonmember Fee | Course |
|-----|-------------|-----------------|--------------------------|------------|
| Su | Sept. 11-25 | 9:45-10:30 a.m. | \$18.75/\$22.50 | 1060201-05 |
| Su | Oct. 2-30 | 9:45-10:30 a.m. | \$31.50/\$37.50 | 1060201-06 |
| Su | Nov. 6-27 | 9:45-10:30 a.m. | \$25/\$30 | 1060201-07 |
| Su | Dec. 4-18 | 9:45-10:30 a.m. | \$18.75/\$22.50 | 1060201-08 |

Location: Williston Fitness Center, Studio C

12 DAYS OF BOOT CAMP

Join our 12-day boot camp and stay fit this holiday season. This special 45-minute class includes cardio, strength training, plyometric drills and a new fitness challenge every weekday.

Monday-Friday

Dec. 1-16

6:30-7:15 a.m.

Williston Fitness Center, Gym

Member: \$40/Nonmember: \$60

Course: 1060401-01



Coming January 2023!

Commit To Be Fit Weight Loss Challenge

Make changes that will last in this eight-week group challenge.

- Five one-on-one personal training sessions

- Weekly group boot camps

- 12 group fitness classes offered to the weight loss challengers

- Nutrition workshops/live food presentations

Watch for more information in the Winter/Spring 2023 brochure!

Registration will open in December 2022.

Coming November 2022

MAINTAIN DON'T GAIN Healthy Holiday Challenge

Designed to help individuals maintain their weight and activity level during the holiday season.

Registration deadline is Nov. 23.

Once registered, you will receive a welcome email.

Your initial weight will be recorded and at the end of the six weeks, you will report your final weight.

Each Monday, participants will receive an email with healthy holiday tips, recipe makeovers and a 15-minute exercise guide to help you "fit in fitness."

Fee: \$10 members/\$15 nonmembers

Course #1064001-01

Williston Fitness Center Junior Tennis Program



The Williston junior tennis program is a Net Generation provider for kids ages 4-18. It is designed to suit players based on their skill level and developmental readiness. Players learn teamwork, communication, balance, agility, hand-eye coordination, problem solving and reliance, all while having fun and making friends.

If your child is a beginner or has no tennis experience, you may register them for a Beginner/Advanced Beginner class without an evaluation. Players new to the program or those returning from prior to 2021 must be evaluated to enroll in Intermediate or Advanced classes. Players who aren't evaluated will have their registrations blocked until an evaluation is completed. Evaluations to notify parents of your child's level for the next session will be sent by email.

If you have questions or would like to schedule a free evaluation, please contact Williston Fitness Center Junior Program Coordinator Boris Gonikman at bgonikman@minnetonkamn.gov.



Tennis Registration

Session 1

Aug. 2, 8 a.m. Priority registration for participants registered for Winter/Spring II or any Summer tennis lessons

Aug. 9, 8 a.m. Open to all

Session 2

Oct. 4, 8 a.m. Priority registration for participants registered for Fall Session I tennis lessons

Oct. 11, 8 a.m. Open to all



Junior Tennis

Session 1

Sept. 6-Oct. 23

Evaluation and instructor approval required to register for any intermediate and advanced classes.

| Course Name | Ages | Day | Date | Time | Member/ Nonmember Fee | Course |
|--|-------|-----|------------------|--------------------|--------------------------|------------|
| Tiny Shots (Red Ball) | 4-5 | Tu | Sept. 6-Oct. 18 | 5:30-6 p.m. | \$64.75/\$78.75 | 1140201-01 |
| Tiny Shots (Red Ball) | 4-5 | Sa | Sept. 10-Oct. 22 | 2:15-2:45 p.m. | \$64.75/\$78.75 | 1140201-02 |
| Hot Shots-Beg./Adv. Beg. (Red Ball) | 5-7 | F | Sept. 9-Oct. 21 | 4-4:45 p.m. | \$105/\$126 | 1140202-01 |
| Hot Shots-Intermediate (Red Ball) | 6-8 | F | Sept. 9-Oct. 21 | 4-4:45 p.m. | \$105/\$126 | 1140203-01 |
| Hot Shots-Beg./Adv. Beg. (Red Ball) | 5-7 | Sa | Sept. 10-Oct. 22 | 2:45-3:30 p.m. | \$105/\$126 | 1140202-02 |
| Hot Shots-Intermediate (Red Ball) | 6-8 | Sa | Sept. 10-Oct. 22 | 2:45-3:30 p.m. | \$105/\$126 | 1140203-02 |
| Little Shots-Beg./Adv. Beg. (Red-Orange Ball) | 7-9 | W | Sept. 7-Oct. 19 | 5-6 p.m. | \$105/\$126 | 1140204-01 |
| Little Shots-Beg./Adv. Beg. (Red-Orange Ball) | 7-9 | F | Sept. 9-Oct. 21 | 4:45-5:45 p.m. | \$105/\$126 | 1140204-02 |
| Little Shots- Beg./Adv. Beg. (Red-Orange Ball) | 7-9 | Sa | Sept. 10-Oct. 22 | 9-10 a.m. | \$105/\$126 | 1140204-03 |
| Little Shots- Beg./Adv. Beg. (Red-Orange Ball) | 7-9 | Su | Sept. 11-Oct. 23 | 3:30-4:30 p.m. | \$105/\$126 | 1140204-04 |
| Little Shots-Intermediate (Orange Ball) | 8-10 | Sa | Sept. 10-Oct. 22 | 11 a.m.-12:30 p.m. | \$145.25/\$173.25 | 1140205-01 |
| Little Shots-Intermediate (Orange Ball) | 8-10 | Su | Sept. 11-Oct. 23 | 5-6:30 p.m. | \$145.25/\$173.25 | 1140205-02 |
| Mid Shots-Beg./Adv. Beg. (Orange-Green Ball) | 9-13 | W | Sept. 7-Oct. 19 | 5-6 p.m. | \$105/\$126 | 1140207-01 |
| Mid Shots-Beg./Adv. Beg. (Orange-Green Ball) | 9-13 | F | Sept. 9-Oct. 21 | 4:45-5:45 p.m. | \$105/\$126 | 1140207-02 |
| Mid Shots-Beg./Adv. Beg. (Orange-Green Ball) | 9-13 | Su | Sept. 11-Oct. 23 | 2-3 p.m. | \$105/\$126 | 1140207-08 |
| Mid Shots-Beg./Adv. Beg. (Orange-Green Ball) | 9-13 | Su | Sept. 11-Oct. 23 | 3:30-4:30 p.m. | \$105/\$126 | 1140207-03 |
| Teen-Beg./Adv. Beg. | 13-18 | Sa | Sept. 10-Oct. 22 | 10-11 a.m. | \$105/\$126 | 1140215-01 |
| Mid Shots-Intermediate (Green Ball) | 10-13 | Tu | Sept. 6-Oct. 18 | 5:30-7 p.m. | \$145.25/\$173.25 | 1140208-08 |
| Mid Shots-Intermediate (Green Ball) | 10-13 | F | Sept. 9-Oct. 21 | 4:45-6:15 p.m. | \$145.25/\$173.25 | 1140208-01 |
| Mid Shots-Intermediate (Green Ball) | 10-13 | Su | Sept. 11-Oct. 23 | 12:30-2 p.m. | \$145.25/\$173.25 | 1140208-02 |
| Mid Shots-Intermediate (Green Ball) | 10-13 | Su | Sept. 11-Oct. 23 | 3:30-5 p.m. | \$145.25/\$173.25 | 1140208-03 |
| Mid Shots-Intermediate Drill and Match Play (Green Ball) | 10-13 | Sa | Sept. 10-Oct. 22 | 11 a.m.-12:30 p.m. | \$182/\$210 | 1140209-01 |
| Teen Intermediate | 13-18 | Th | Sept.8-Oct. 20 | 4:30-6 p.m. | \$145.25/\$173.25 | 1140216-01 |
| Teen Intermediate | 13-18 | Sa | Sept. 10-Oct. 22 | 12:30-2 p.m. | \$145.25/\$173.25 | 1140216-03 |
| Grand Prix Intermediate | 13-18 | Tu | Sept. 6-Oct. 18 | 4-5:30 p.m. | \$145.25/\$173.25 | 1140210-01 |
| Grand Prix Intermediate | 13-18 | Sa | Sept. 10-Oct. 22 | 3:30-5 p.m. | \$145.25/\$173.25 | 1140210-02 |
| Grand Prix Intermediate Drill and Match Play | 13-18 | Su | Sept. 11-Oct. 23 | 2-3:30 p.m. | \$182/\$210 | 1140211-02 |
| Grand Prix Advanced | 13-18 | W | Sept. 7-Oct. 19 | 6-7:30 p.m. | \$175/\$203 | 1140212-02 |
| Grand Prix Advanced Match Play | 13-18 | Su | Sept. 11-Oct. 23 | 12:30-2 p.m. | \$182/\$210 | 1140213-01 |
| Davis Cup (Invite Only) | | M | Sept. 12-Oct. 17 | 4-5:30 p.m. | \$150/\$174 | |
| Davis Cup (Invite Only) | | W | Sept. 7-Oct. 19 | 6-7:30 p.m. | \$175/\$203 | |

Location: Williston Fitness Center

Junior Tennis

Session 2

Oct. 24-Dec. 18

Evaluation and instructor approval required to register for any intermediate and advanced classes.

| Course Name | Ages | Day | Date | Time | Member/ Nonmember Fee | Course |
|--|-------|-----|------------------|--------------------|-----------------------------|------------|
| Tiny Shots (Red Ball) | 4-5 | Tu | Oct. 25-Dec. 13 | 5:30-6 p.m. | \$74/\$90 | 1140201-03 |
| Tiny Shots (Red Ball) | 4-5 | Sa | Oct. 29-Dec. 17* | 2:15-2:45pm | \$64.75/\$78.75 | 1140201-04 |
| Hot Shots-Beg./Adv. Beg. (Red Ball) | 5-7 | F | Oct. 28-Dec. 16* | 4-4:45 p.m. | \$105/\$126 | 1140202-03 |
| Hot Shots-Intermediate (Red Ball) | 6-8 | F | Oct. 28-Dec. 16* | 4-4:45p.m. | \$105/\$126 | 1140203-03 |
| Hot Shots-Beg./Adv. Beg. (Red Ball) | 5-7 | Sa | Oct. 29-Dec. 17* | 2:45-3:30 p.m. | \$105/\$126 | 1140202-04 |
| Hot Shots-Intermediate (Red Ball) | 6-8 | Sa | Oct. 29-Dec. 17* | 2:45-3:30 p.m. | \$105/\$106 | 1140203-04 |
| Little Shots-Beg./Adv. Beg. (Red-Orange Ball) | 7-9 | W | Oct. 26-Dec. 14 | 5-6 p.m. | \$112/\$136 | 1140204-05 |
| Little Shots-Beg./Adv. Beg. (Red-Orange Ball) | 7-9 | F | Oct. 28-Dec. 16* | 4:45-5:45 p.m. | \$105/\$126 | 1140204-06 |
| Little Shots-Beg./Adv. Beg. (Red-Orange Ball) | 7-9 | Sa | Oct. 29-Dec. 17* | 9-10 a.m. | \$105/\$126 | 1140204-07 |
| Little Shots-Beg./Adv. Beg. (Red-Orange Ball) | 7-9 | Su | Oct. 30-Dec. 18* | 3:30-4:30 p.m. | \$105/\$126 | 1140204-08 |
| Little Shots-Intermediate (Orange Ball) | 8-10 | Sa | Oct. 29-Dec. 17* | 11 a.m.-12:30 p.m. | \$145.25/\$173.25 | 1140205-04 |
| Little Shots-Intermediate (Orange Ball) | 8-10 | Su | Oct. 30-Dec. 18* | 5-6:30 p.m. | \$145.25/\$173.25 | 1140205-05 |
| Mid Shots-Beg./Adv. Beg. (Orange-Green Ball) | 9-13 | W | Oct. 26-Dec. 14 | 5-6 p.m. | \$120/\$144 | 1140207-04 |
| Mid Shots-Beg./Adv. Beg. (Orange-Green Ball) | 9-13 | F | Oct. 28-Dec. 16* | 4:45-5:45 p.m. | \$105/\$126 | 1140207-05 |
| Mid Shots Beg./Adv. Beg. (Orange-Green Ball) | 9-13 | Su | Oct. 30-Dec. 18* | 2-3 p.m. | \$105/\$126 | 1140207-07 |
| Mid Shots-Beg./Adv. Beg. (Orange-Green Ball) | 9-13 | Su | Oct. 30-Dec. 18* | 3:30-4:30 p.m. | \$105/\$126 | 1140207-06 |
| Teen-Beg./Adv. Beg. | 13-18 | Sa | Oct. 29-Dec. 17* | 10-11 a.m. | \$105/\$126 | 1140215-02 |
| Mid Shots-Intermediate (Green Ball) | 10-13 | Tu | Oct. 25-Dec. 13 | 5:30-7 p.m. | \$166/\$198 | 1140208-07 |
| Mid Shots-Intermediate (Green Ball) | 10-13 | F | Oct. 28-Dec. 16* | 4:45-6:15 p.m. | \$145.25/\$173.25 | 1140208-04 |
| Mid Shots-Intermediate (Green Ball) | 10-13 | Su | Oct. 30-Dec. 18* | 12:30-2 p.m. | \$145.25/\$173.25 | 1140208-05 |
| Mid Shots-Intermediate (Green Ball) | 10-13 | Su | Oct. 30-Dec. 18* | 3:30-5 p.m. | \$145.25/\$173.25 | 1140208-06 |
| Mid Shots-Intermediate Drill and Match Play (Green Ball) | 10-13 | Sa | Oct. 29-Dec. 17* | 11 a.m.-12:30 p.m. | \$182/\$210 | 1140209-02 |
| Teen Intermediate | 13-18 | Th | Oct. 27-Dec. 15* | 4:30-6 p.m. | \$145.25/\$173.25 | 1140216-04 |
| Teen Intermediate | 13-18 | Sa | Oct. 29-Dec. 17* | 12:30-2 p.m. | \$145.25/\$173.25 | 1140216-06 |
| Grand Prix Intermediate | 13-18 | Tu | Oct. 25-Dec. 13 | 4-5:30 p.m. | \$166/\$198 | 1140210-03 |
| Grand Prix Intermediate | 13-18 | Sa | Oct. 29-Dec. 17* | 3:30-5 p.m. | \$145.25/\$173.25 | 140210-04 |
| Grand Prix Intermediate Drill and Match Play | 13-18 | Su | Oct. 30-Dec. 18* | 2-3:30 p.m. | \$182/\$210 | 1140211-04 |
| Grand Prix Advanced | 13-18 | W | Oct. 26-Dec. 14 | 6-7:30 p.m. | \$200/\$232 | 1140212-04 |
| Grand Prix Advanced Match Play | 13-18 | Su | Oct. 30-Dec. 18* | 12:30-2 p.m. | \$182/\$210 | 1140213-02 |
| Davis Cup (Invite Only) | | M | Oct. 24-Dec. 12 | 4-5:30 p.m. | \$200/\$232 | |
| Davis Cup (Invite Only) | | W | Oct. 26-Dec. 14 | 6-7:30 p.m. | \$200/\$232 | |

*No class Nov. 24-27

Location: Williston Fitness Center

Williston Competitive Tennis (WCT)

For consideration into WCT classes, please contact Tennis Manager Felicia Rachiatore at 952-939-8368 or fraschiatore@minnetonkamn.gov.

Session 1 & 2

| Course Name | Day | Date | Time | Member/ Nonmember Fee |
|---------------------------|--------|------------------|--|--------------------------|
| WCT Level 1 (Orange Ball) | W, F | Sept. 7-Dec. 16* | 4:30-6 p.m. (W), 5:45-7:15 p.m. (F) | \$725/\$841 |
| WCT Level 2 (Green Ball) | Tu, Th | Sept. 6-Dec. 15* | 4:30-6 p.m. | \$725/\$841 |
| WCT Level 3 (Yellow Ball) | Tu, Th | Sept. 6-Dec. 15* | 6-7:30 p.m. | \$725/\$841 |

*No class Nov. 24 or 25

Williston ACE Tennis

For consideration into ACE classes, please contact Tennis Manager Felicia Rachiatore at 952-939-8368 or fraschiatore@minnetonkamn.gov.

Session 1

| Course Name | Day | Date | Time | Member/ Nonmember Fee |
|----------------------|-----|------------------|----------------|--------------------------|
| Williston ACE Tennis | M | Sept. 13-Oct. 17 | 5:30-7:30 p.m. | \$258/\$282 |
| Williston ACE Tennis | W | Sept. 7-Oct. 19 | 7:30-9:30 p.m. | \$301/\$329 |

Session 2

| Course Name | Day | Date | Time | Member/ Nonmember Fee |
|----------------------|-----|------------------|----------------|--------------------------|
| Williston ACE Tennis | M | Oct. 24-Dec. 12 | 5:30-7:30 p.m. | \$344/\$376 |
| Williston ACE Tennis | Tu | Oct. 25-Dec. 13 | 9-10:30 p.m. | \$248/\$280 |
| Williston ACE Tennis | W | Oct. 26-Dec. 14 | 7:30-9:30 p.m. | \$344/\$376 |
| Williston ACE Tennis | TH | Oct. 27-Dec. 15* | 9-10:30 p.m. | \$217/\$245 |

*No class Nov. 24

Williston Fitness Center Men's Evening Singles League

The league begins the week of Sept. 12 and runs through mid-December, depending on the number of participants.

Each player is guaranteed 10 matches. Results are posted bi-weekly. Balls are provided and courts are reserved. Start times for matches are 5:30 and 7 p.m. Match length is 90 minutes. A 24-hour cancellation is required if you are unable to play. Matches can be rescheduled when courts are available.

Contact Dave Wolden, men's tennis coordinator, for questions about registration, format or rules at 952-939-8377 or dwolden@minnetonkamn.gov. League fees are non-refundable after Sept. 9.

| Level | Day | Time | Member/ Nonmember Fee | Course | Notes |
|--------------|-----|----------------|--------------------------|------------|---------------|
| 3.5 Singles | M | 5:30-8:30 p.m. | \$180/\$220 | 1140501-02 | Max players 8 |
| 4.0+ Singles | M | 5:30-8:30 p.m. | \$180/\$220 | 1140501-03 | Max players 8 |

Aquatics Registration

Session 1

Aug. 3, 8 a.m. Priority registration for participants registered for Winter/Spring II or any Summer swimming lessons

Aug. 9, 8 a.m. Open to all

Session 2

Oct. 12, 8 a.m. Priority registration for participants registered for Fall I swimming lessons

Oct. 19, 8 a.m. Open to all

Swim Lesson Policies

The goal of the aquatics program is for the student to make progress continually. Each class is structured to build on the skills learned in the previous class. Adjustments may be made to ensure your swimmer and group has the best swim lesson experience. Swimmers are encouraged to repeat a level if they are not ready to move on to the next level.

Swimmer to Instructor Ratio

Tadpole through Stingray: 4:1

Seal through Pre-Team: 6:1

Aquatots: 10:1

Registration

Parents may only register a child for one swim class per session. Progress reports will notify parents if their swimmer(s) are ready to move to the next level. Advancement to the next level is contingent upon the instructor's recommendation. Online registrations are closely monitored to ensure adherence to this policy.

Waitlists

Participants can be placed on a specific waitlist if the desired class is full. Staff will contact parents if an opening occurs. Please do not put your child on waitlists for different levels.

Swim Lesson Locations

- Williston Fitness Center, 14509 Minnetonka Drive
- Hopkins West Junior High, 3830 Baker Road

Pool Temperature

Please be aware that the water and air temperatures at Hopkins West Junior High are cooler than at the Williston Fitness Center Pool. A swim shirt is highly recommended. If the participant does well with fewer distractions, then the junior high is a good location for swim lessons. The facility also has two diving boards and a saline water solution. Please see our swim program guidebook at minnetonkamn.gov/aquatics for more details on swim shirts and swim safety.



Aquatics Class Descriptions

- Aquatots: Ages 6 months–3 years (with adult)
- Preschool Classes: Ages 3–5
- Youth and Pre-Team Classes: Ages 6–12

| Level | Class Goals & Focus |
|------------------------------|--|
| Aquatots | Structured lessons with basic water orientation designed to guide the adult in teaching skills to child through games and songs. Swim diapers must be worn in the pool. |
| Preschool Tadpole | Water comfort, building water confidence, submersions and foundational skills to independent movement. Level Goals: Ask permission before entering the water, submersions, blowing bubbles, assisted floats and glides. |
| Preschool Frog | Building water confidence, integrated arm/leg action, foundational skills to independent movement and submersions. Level Goals: Knows how to enter and exit the pool safely, assisted floats, glides, kicks, submersions and jumps. Swimmers should be comfortable putting their face in the water. |
| Preschool & Youth Sea Turtle | Forward movement, independent movements, introduction to front crawl stages. Level Goals: Submersions, foundations of front crawl, retrieving objects underwater, unassisted floats, glides and integrated arm and leg action. |
| Preschool & Youth Jellyfish | Body position and control, directional change and breathing techniques. Level Goals: Tread water, introduction to side breathing, integrated arm and leg action, foundations of front crawl and back crawl. |
| Preschool & Youth Angelfish | Integrated movements, build stroke techniques, introduction to breaststroke, safety techniques and jumps into deep water. Level goals: Deep water tread, stages of diving, front crawl with side breathing. |
| Preschool & Youth Stingray | Freestyle, backstroke, dives, sidestroke and deep water skills. Level Goals: Master stroke fundamentals and breathing techniques. |
| Youth Seal | Swimming longer distances, breaststroke techniques and deep water skills. Level Goals: Breaststroke arms and whip kicks, side-to-side rolls, freestyle and backstroke refinement and dives. |
| Youth Sea Otter | Swimming longer distances, combined breaststroke with breathing and introduction to butterfly. Level Goals: Swim 25 yards of freestyle and backstroke, rotary breathing, refinement of freestyle, backstroke, breaststroke, dolphin kicks and deep water tread. |
| Pre-Team 1 | Introduce all four competitive strokes and refine techniques. Level Goals: Introduction to flip turns, endurance swimming, butterfly, dives. |
| Pre-Team 2 | Swim all four competitive strokes, drills to improve technique, develop freestyle and backstroke endurance. Level Goals: Swim freestyle and backstroke 50 yards, breaststroke and butterfly 25 yards, dives, flip turns. |
| Adult Lessons | Ages 18 and older, basic swimming skills, stroke development and safety. |
| Private Lessons | Ages 3 and older. Private one-on-one lessons geared toward student's specific goals. Semi-private lessons are available to those with similar swim skills or close in age. Lesson pricing and online request forms can be found on our website. |

Swim Level Assessments

Register for a free 15-minute assessment that allows swim instructors to determine the appropriate swim level for your swimmer. *Assessments are recommended for children who have not had swimming lessons for more than three months.*

Pre-registration is required. Appointments are scheduled at 15-minute intervals with a maximum of two children per time. Time slots are canceled if there are no pre-registrations. To register, call 952-939-8203 or go to minnetonkamn.gov/register.

Location: Williston Fitness Center

Swimming Lessons

Saturdays

Session 1: Sept. 10–Oct. 15

Session 2: Oct. 29–Dec. 10 (No lessons Nov. 26)

| Class | Time | Cost | Session 1 Course | Session 2 Course |
|----------------------|------------------|------|------------------|------------------|
| Aquatots | 8:45–9:25 a.m. | \$57 | 1030101-01 | 1030101-04 |
| Preschool Tadpole | 8:45–9:25 a.m. | \$57 | 1030201-01 | 1030201-08 |
| Preschool Frog | 9:40–10:20 a.m. | \$57 | 1030301-01 | 1030301-07 |
| Preschool Sea Turtle | 10:30–11:10 a.m. | \$57 | 1030501-01 | 1030501-05 |
| Preschool Jellyfish | 11:20–Noon | \$57 | 1030601-01 | 1030601-04 |
| Youth Jellyfish | 10:30–11:10 a.m. | \$57 | 1030602-01 | 1030602-02 |
| Youth Angelfish | 11:20–Noon | \$57 | 1030702-01 | 1030702-06 |
| Youth Stingray | 12:10–12:50 p.m. | \$57 | 1030802-01 | 1030802-05 |
| Youth Sea Otter | 12:10–12:50 p.m. | \$57 | 1031002-01 | 1031002-04 |
| Pre-Team 1 | 9:40–10:20 a.m. | \$57 | 1031101-01 | 1031101-04 |

Location: Hopkins West Junior High

Wednesday Evenings

Session 1: Sept. 14–Oct. 19

Session 2: Nov. 2–Dec. 14 (No lessons Nov. 23)

| Class | Time | Member/ Nonmember Fee | Session 1 Course | Session 2 Course |
|-------------------|----------------|--------------------------|------------------|------------------|
| Preschool Tadpole | 5:45–6:25 p.m. | \$57/\$67 | 1030201-06 | 1030201-13 |
| Preschool Tadpole | 6:30–7:10 p.m. | \$57/\$67 | 1030201-07 | 1030201-14 |
| Preschool Frog | 5:45–6:25 p.m. | \$57/\$67 | 1030301-06 | 1030301-12 |
| Youth Angelfish | 6:30–7:10 p.m. | \$57/\$67 | 1030702-05 | 1030701-10 |

Location: Williston Fitness Center

Sundays

Session 1: Sept. 11-Oct. 16

Session 2: Oct. 30-Dec. 11 (No lessons Nov. 27)

| Class | Time | Member/ Nonmember Fee | Session 1 Course | Session 2 Course |
|----------------------|------------------|--------------------------|------------------|------------------|
| Aquatots | 12:15-12:55 p.m. | \$57/\$67 | 1030101-02 | 1030101-05 |
| Aquatots | 5:20-6 p.m. | \$57/\$67 | 1030101-03 | 1030101-06 |
| Preschool Tadpole | 12:15-12:55 p.m. | \$57/\$67 | 1030201-02 | 1030201-09 |
| Preschool Tadpole | 1-1:40 p.m. | \$57/\$67 | 1030201-03 | 1030201-10 |
| Preschool Tadpole | 2:40-3:10 p.m. | \$57/\$67 | 1030201-04 | 1030201-11 |
| Preschool Tadpole | 4:30-5:10 p.m. | \$57/\$67 | 1030201-05 | 1030201-12 |
| Preschool Frog | 12:15-12:55 p.m. | \$57/\$67 | 1030301-02 | 1030301-08 |
| Preschool Frog | 1:50-2:30 p.m. | \$57/\$67 | 1030301-03 | 1030301-09 |
| Preschool Frog | 2:40-3:10 p.m. | \$57/\$67 | 1030301-04 | 1030301-10 |
| Preschool Frog | 6:30-7:10 p.m. | \$57/\$67 | 1030301-05 | 1030301-11 |
| Preschool Sea Turtle | 1:50-2:30 p.m. | \$57/\$67 | 1030501-02 | 1030501-06 |
| Preschool Sea Turtle | 1-1:40 p.m. | \$57/\$67 | 1030501-03 | 1030501-07 |
| Preschool Sea Turtle | 6:30-7:10 p.m. | \$57/\$67 | 1030501-04 | 1030501-08 |
| Preschool Jellyfish | 1:50-2:30 p.m. | \$57/\$67 | 1030601-02 | 1030601-05 |
| Preschool Jellyfish | 3:20-4:10 p.m. | \$57/\$67 | 1030601-03 | 1030601-06 |
| Preschool Angelfish | 2:45-3:30 p.m. | \$57/\$67 | 1030701-01 | 1030701-02 |
| Youth Angelfish | 12:15-12:55 p.m. | \$57/\$67 | 1030702-02 | 1030702-07 |
| Youth Angelfish | 3:20-4:10 p.m. | \$57/\$67 | 1030702-03 | 1030702-08 |
| Youth Angelfish | 6:30-7:10 p.m. | \$57/\$67 | 1030702-04 | 1030702-09 |
| Youth Stingray | 1-1:40 p.m. | \$57/\$67 | 1030802-02 | 1030802-06 |
| Youth Stingray | 2:40-3:10 p.m. | \$57/\$67 | 1030802-03 | 1030802-07 |
| Youth Stingray | 5:20-6:00 p.m. | \$57/\$67 | 1030802-04 | 1030802-08 |
| Youth Seal | 1:50-2:30 p.m. | \$57/\$67 | 1030902-01 | 1030902-03 |
| Youth Seal | 4:30-5:10 p.m. | \$57/\$67 | 1030902-02 | 1030902-04 |
| Youth Sea Otter | 1:50-2:30 p.m. | \$57/\$67 | 1031002-02 | 1031002-05 |
| Youth Sea Otter | 3:20-4:10 p.m. | \$57/\$67 | 1031002-03 | 1031002-06 |
| Pre-Team 1 | 2:40-3:10 p.m. | \$57/\$67 | 1031101-02 | 1031101-05 |
| Pre-Team 1 | 5:20-6 p.m. | \$57/\$67 | 1031101-03 | 1031101-06 |
| Pre-Team 2 | 3:20-4:10 p.m. | \$57/\$67 | 1031901-01 | 1031901-03 |
| Pre-Team 2 | 6:30-7:10 p.m. | \$57/\$67 | 1031901-02 | 1031901-04 |

Location: Williston Fitness Center

Family members who are not participating in lessons are welcome to swim in designated areas at Williston only.

ICE SKATING

Ice Arena
3401 Williston Road
Minnetonka, MN 55345
952-939-8310
minnetonkamn.gov/icearena

Public Skating

Adult/Child: \$5
Senior Citizen: \$3
Skate Rental: \$3

Hours

Tuesday, Wednesday, Thursday: 11:30 a.m.-1 p.m.

Friday: 6:15-7:45 p.m.

Sunday: 1-2:30 p.m.

Public skate hours are subject to change.

Sign up for updates and learn more
at minnetonkamn.gov/publicskating.

Adult Open Hockey

Adult: \$5 (Goalies are free)

Hours

Monday and Friday: 11:30 a.m.-1 p.m. (September through April)

Sign up for updates at minnetonkamn.gov/hockey.

Local Organizations at the Minnetonka Ice Arena

Home of Hopkins/Park Girls High School Hockey
Team: hopkinsschools.org

Adult Hockey

Minnesota Showcase Hockey: showcasehockey.com

Youth Hockey

Hopkins Youth Hockey Association:
hopkinshockey.com

Minnetonka Youth Hockey Association:
tonkahockey.org

Figure Skating

Lake Minnetonka Figure Skating Club: lmfsc.org

Skating Lessons

Learn-to-Skate USA makes skating fun and safe for all, while building solid skill progression and growing self-esteem. More info: learntoskateusa.com

Skating Fundamentals Ages 3-5

Classes are designed to help children 5 and younger develop the ABC's (Agility, Balance, Coordination and Speed) of movement. **Helmets required.**

| Class | Requirement | Learn |
|----------------|---|---|
| Snowplow Sam 1 | No prior skating experience; need help marching across the ice. | To stand, fall and move across the ice |
| Snowplow Sam 2 | Passed Snowplow Sam 1 or can confidently march across the ice | Gliding, dips while moving, stopping |
| Snowplow Sam 3 | Passed Snowplow Sam 2 | Forward and backwards swizzles and one foot glides |
| Snowplow Sam 4 | Passed Snowplow Sam 3 | Refinement of forward and backward skating and two foot turns |

Hockey Skating Skills *Ages 6 and older*

Learn the fundamentals of hockey skating, without sticks or pucks. In the four badge levels, skaters increase agility and proper technique and learn basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals of hockey skating. **NO STICKS OR PUCKS USED IN THIS CLASS. PARTICIPANTS MUST WEAR HOCKEY SKATES AND HELMETS.**

| Class | Requirement | Learn |
|----------|--|--|
| Hockey 1 | Passed Basic 1 or possess basic skating skills | To glide and beginning stroke |
| Hockey 2 | Passed Hockey 1 | Proper edge and pushing technique for forward and backward skating |
| Hockey 3 | Passed Hockey 2 | Proper edge and pushing technique for forward cross-overs. Backward power skating, stops and power turns |
| Hockey 4 | Passed Hockey 3 | Refinement of forward and backward cross-overs. Quick starts, hockey stops and Mohawks |

Basic Skills *Ages 6 and older*

Learn the fundamentals of skating and the best foundation for figure skating and hockey skating skills. Six progressive levels teach skaters to move confidently and advance to specialized skating. Skaters progress at their own rate and advance after skills are mastered. **Helmets required for Basic 1 & 2.**

NOTE: If you register for a group lesson class (Basic 3 through Free Skate 4) and Tricks & Twirls, you will receive a discounted rate of \$190. **IMPORTANT:** To obtain this discount when registering online, you must add the Tricks & Twirls class AFTER you add the group class.

| Class | Requirement | Learn |
|----------------|---|--|
| Basic 1 | No previous lesson experience or not passed Basic 1 | To move forward, balance and glide. Introduction to backward skating |
| Basic 2 | Passed Basic 1 | Forward stroking, stopping, one foot glides and refinement of backward skating |
| Basic 3 | Passed Basic 2 and wear figure skates | Proper edge control and push forward cross-overs |
| Basic 4 | Passed Basic 3 and wear figure skates | Forward cross-overs and proper pushing technique for backward cross-overs |
| Basic 5 | Passed Basic 4 and wear figure skates | Backward cross-overs, hockey stops and outside edge 3-turns |
| Basic 6 | Passed Basic 5 and wear figure skates | Inside edge 3-turns, backward stroking, T-Stops and more |
| Pre-Free Skate | Passed Basic 6 and wear figure skates | Inside edge Mohawks, backward to forward transitions, beginning jumps and one foot spins |



Figure Skating

Each free skate level contains a variety of progressive skating skills, transitions, spins and jumps – all of which build on the fundamentals, providing skaters a strong foundation. Instruction is focused on quality and mastery of skills.

| Class | Requirement | Learn |
|---------------------|--------------------------------------|--|
| Free Skate 1 | Passed Pre-Free Skate | Edge work, 3-turns, one foot spins and beginning jumps |
| Free Skate 2 | Passed Free Skate 1 | Beginning jumps and spins, edge work and spirals |
| Free Skate 3 | Passed Free Skate 2 | A footwork sequence and advanced jumps and spins |
| Free Skate 4 | Passed Free Skate 3 | Power threes, sit spins and advanced jumps |
| Free Skate 5 | Passed Free Skate 4 | Advanced footwork, camel spins and jump combinations |
| Free Skate 6 | Passed Free Skate 5 | Advanced footwork, combination spins and axel jump |
| Advanced Free Skate | Passed Free Skate 6 | Double jumps and advanced spin techniques |
| Tricks & Twirls | Passed Basic 2, but not Free Skate 4 | Beginning jumps, spins and tricks |

Supplemental Figure Skating

| Class | Requirement | Learn |
|---|--|---|
| Tricks & Twirls | Passed Basic 2 and wear figure skates | Beginning jumps, spins and tricks |
| Intermediate Power and Edge | Passed Pre-Preliminary Moves or Free Skate 3 | Stroking, edges, power and consistent carriage through turn execution |
| Advanced Power and Endurance | Passed Juvenile Moves or Advanced Free Skate | Refinement of stroking, edges, power, carriage and endurance |
| Pre-Preliminary through Intermediate Moves in the Field | Passed Free Skate 2 or instructor permission | USFS Moves in the Field patterns |
| Jump & Spin | Passed Free Skate 5 | Proper spin and jump technique and positions |

Adult Skating Lessons

| Class | Description |
|--------------------|---|
| Adult Beginner | Introduction to skating for those with no experience. Helmet recommended. |
| Adult Intermediate | For adults who can comfortably skate forward and backward and are able to stop. |
| Adult Advanced | Introduction to jumps and spins |
| Adult Dance | Emphasis on USFS Dance patterns. Need instructor permission or previous dance experience. |

SKATING LESSONS

Cost: \$120

Location: Ice Arena A, 3401 Williston Road

Skating Fundamentals

| Lesson | Day | Date | Time | Course |
|----------------|-----|------------------|-----------------|------------|
| Snowplow Sam 1 | Tu | Sept. 13-Nov. 15 | 1-1:30 p.m. | 1070101-02 |
| Snowplow Sam 1 | Sa | Sept. 17-Nov. 19 | 11-11:30 a.m. | 1070101-03 |
| Snowplow Sam 1 | M | Sept. 12-Nov. 14 | 5:45-6:15 p.m. | 1070101-04 |
| Snowplow Sam 2 | Tu | Sept. 13-Nov. 15 | 1:30-2 p.m. | 1070201-02 |
| Snowplow Sam 2 | Sa | Sept. 17-Nov. 19 | 11-11:30 a.m. | 1070201-03 |
| Snowplow Sam 2 | M | Sept. 12-Nov. 14 | 5:45-6:15 p.m. | 1070201-04 |
| Snowplow Sam 3 | Tu | Sept. 13-Nov. 15 | 1:30-2 p.m. | 1070301-02 |
| Snowplow Sam 3 | Sa | Sept. 17-Nov. 19 | 11:30 a.m.-Noon | 1070301-03 |
| Snowplow Sam 3 | M | Sept. 12-Nov. 14 | 6:45-7:15 p.m. | 1070301-04 |
| Snowplow Sam 4 | Tu | Sept. 13-Nov. 15 | 1:30-2 p.m. | 1070401-02 |
| Snowplow Sam 4 | Sa | Sept. 17-Nov. 19 | 11:30 a.m.-Noon | 1070401-03 |
| Snowplow Sam 4 | M | Sept. 12-Nov. 14 | 6:45-7:15 p.m. | 1070401-04 |

Hockey

| Lesson | Day | Date | Time | Course |
|----------|-----|------------------|-----------------|------------|
| Hockey 1 | M | Sept. 12-Nov. 14 | 6:45-7:15 p.m. | 1070501-01 |
| Hockey 1 | Sa | Sept. 17-Nov. 19 | 11:30 a.m.-Noon | 1070501-02 |
| Hockey 2 | M | Sept. 12-Nov. 14 | 6:45-7:15 p.m. | 1070601-01 |
| Hockey 2 | Sa | Sept. 17-Nov. 19 | 11:30 a.m.-Noon | 1070601-02 |
| Hockey 3 | M | Sept. 12-Nov. 14 | 6:45-7:15 p.m. | 1070701-01 |
| Hockey 3 | Sa | Sept. 17-Nov. 19 | 11:30 a.m.-Noon | 1070701-02 |
| Hockey 4 | M | Sept. 12-Nov. 14 | 6:45-7:15 p.m. | 1070801-01 |
| Hockey 4 | Sa | Sept. 17-Nov. 19 | 11:30 a.m.-Noon | 1070801-02 |

Basic Skills

| Lesson | Day | Date | Time | Course |
|----------------|-----|------------------|-----------------|------------|
| Basic 1 | M | Sept. 12-Nov. 14 | 6:15-6:45 p.m. | 1070901-01 |
| Basic 1 | Sa | Sept. 17-Nov. 19 | 10:30-11 a.m. | 1070901-02 |
| Basic 2 | M | Sept. 12-Nov. 14 | 5:15-5:45 p.m. | 1071001-01 |
| Basic 2 | Sa | Sept. 17-Nov. 19 | 10:30-11 a.m. | 1071001-02 |
| Basic 3 | M | Sept. 12-Nov. 14 | 5:15-5:45 p.m. | 1071101-01 |
| Basic 3 | Sa | Sept. 17-Nov. 19 | 9:45-10:15 a.m. | 1071101-02 |
| Basic 4 | M | Sept. 12-Nov. 14 | 5:15-5:45 p.m. | 1071201-01 |
| Basic 4 | Sa | Sept. 17-Nov. 19 | 9:45-10:15 a.m. | 1071201-02 |
| Basic 5 | M | Sept. 12-Nov. 14 | 5:15-5:45 p.m. | 1071301-01 |
| Basic 5 | Sa | Sept. 17-Nov. 19 | 9:45-10:15 a.m. | 1071301-02 |
| Basic 6 | M | Sept. 12-Nov. 14 | 5:15-5:45 p.m. | 1071401-01 |
| Basic 6 | Sa | Sept. 17-Nov. 19 | 9:45-10:15 a.m. | 1071401-02 |
| Pre-Free Skate | W | Sept. 14-Nov. 16 | 5:15-5:45 p.m. | 1071501-01 |
| Pre-Free Skate | Sa | Sept. 17-Nov. 19 | 9:45-10:15 a.m. | 1071501-02 |

Figure Skating Lessons

| Lesson | Day | Date | Time | Course |
|---------------------------------------|-----|------------------|-----------------|------------|
| Free Skate 1 | W | Sept. 14-Nov. 16 | 5:15-5:45 p.m. | 1071601-01 |
| Free Skate 2 | W | Sept. 14-Nov. 16 | 5:15-5:45 p.m. | 1071701-01 |
| Free Skate 3 | W | Sept. 14-Nov. 16 | 5:45-6:15 p.m. | 1071801-01 |
| Free Skate 4 | W | Sept. 14-Nov. 16 | 5:45-6:15 p.m. | 1071901-01 |
| Free Skate 5 | W | Sept. 14-Nov. 16 | 5:45-6:15 p.m. | 1072001-01 |
| Free Skate 6 | W | Sept. 14-Nov. 16 | 5:45-6:15 p.m. | 1072101-01 |
| Advanced Free Skate | W | Sept. 14-Nov. 16 | 5:15-5:45 p.m. | 1072201-01 |
| Intermediate Power and Edge | W | Sept. 14-Nov. 16 | 6:15-6:45 p.m. | 1072401-01 |
| Advanced Power and Endurance | Sa | Sept. 17-Nov. 19 | Noon-12:30 p.m. | 1072501-01 |
| Pre Prelim through Intermediate Moves | W | Sept. 14-Nov. 16 | 4:45-5:15 p.m. | 1072601-01 |
| Jump and Spin Class | M | Sept. 12-Nov. 14 | 4:45-5:15 p.m. | 1072801-01 |
| Tricks and Twirls | Sa | Sept. 17-Nov. 19 | 9-9:45 a.m. | 1073401-01 |

Adult Lessons

| Lesson | Day | Date | Time | Course |
|--------------------|-----|------------------|-------------|------------|
| Adult Beginner | W | Sept. 14-Nov. 16 | 7-7:30 p.m. | 1072901-02 |
| Adult Beginner | Sa | Sept. 17-Nov. 19 | 8:30-9 a.m. | 1072901-03 |
| Adult Intermediate | W | Sept. 14-Nov. 16 | 7-7:30 p.m. | 1073001-02 |
| Adult Intermediate | Sa | Sept. 17-Nov. 19 | 8:30-9 a.m. | 1073001-03 |
| Adult Advanced | W | Sept. 14-Nov. 16 | 7-7:30 p.m. | 1073101-02 |
| Adult Advanced | Sa | Sept. 17-Nov. 19 | 8:30-9 a.m. | 1073101-03 |
| Adult Dance | W | Sept. 14-Nov. 16 | 7:30-8 p.m. | 1073301-01 |

AMENITIES AND FACILITIES

Minnetonka Community Center

14600 Minnetonka Blvd.
952-939-8390

minnetonkamn.gov/communitycenter

The Minnetonka Community Center is available to residents and local organizations for a variety of meeting and banquet needs.

Meeting facilities

Meeting spaces are available for groups of up to 120 people and can be reserved by Minnetonka residents up to one year in advance.

Banquet facilities

Accommodates up to 250 people. Minnetonka residents can make reservations 18 months in advance for special events, receptions and private parties.



Glen Lake Activity Center

14350 Excelsior Blvd.
952-939-8390

minnetonkamn.gov/glenlakeactivitycenter

The Glen Lake Activity Center has meeting rooms, restrooms, a police sub-station and Hennepin County Ambulance office.

Meeting space

Space is available for groups of up to 60 people and can be reserved by Minnetonka residents up to one year in advance.



Royals Athletic Center

2400 Royals Drive

952-988-4519

communityed.hopkinsschools.org/support/rac

The Royals Athletic Center is jointly owned and operated by the City of Minnetonka and the Hopkins School District. The facility is connected to Hopkins High School.

Amenities:

- Five regulation basketball courts, two with adjustable height baskets for all levels of play
- Seven regulation volleyball courts
- 300-meter walking/jogging track
- Exercise and conditioning room with weight machines, free weights and cardiovascular equipment
- Additional amenities for baseball, softball, wrestling, aerobics and badminton

The Hopkins School District utilizes the Royals Athletic Center for all district-related activities, including athletics, physical education, graduation, music concerts and special events. Hopkins High School varsity girls and boys basketball home games are hosted in the facility with 2,800 spectator seats.

Designated hours for community use of the facility's 3,800-square-foot exercise and conditioning area provide residents fitness opportunities.

Royals Athletic Center Membership

The Royals Athletic Center offers a variety of affordable fitness memberships in a comfortable atmosphere. Memberships can be purchased through Hopkins Community Education and are valid for one year from the date of purchase. Visit communityed.hopkinsschools.org/support/rac or call 952-988-4519.

Royals Athletic Center Basketball Open Gym

For local adults and youth to play in a pickup game of basketball or just shoot some hoops. Open gym fee is \$5 or free if you are a member of the Royals Athletic Center. Participants must bring their own basketball.

Visit communityed.hopkinsschools.org/support/rac or call the Royals Athletic Center at 952-988-4519 for the open gym schedule and operating hours.



HOPKINS ACTIVITY CENTER serves as a gathering place for adults to stay active and engaged through participation in recreational, social, educational, fitness and volunteer activities.

FACILITY RENTAL is available to the community with a gym, commercial kitchen and meeting spaces to accommodate special events, indoor sports and tenant use.



33 14th Ave N, Hopkins, MN 55343 | 952.939-1333
hopkinsmn.com/activitycenter



Pavilion
Where Hopkins goes to play!

ICE RENTAL Looking for some private time on the ice for your family, friends, or team? Check our website for available times.

PUBLIC SKATE The Hopkins Pavilion is your place for open skate, pick-up hockey, stick handling practice and figure skating.

- Pucks and sticks allowed: Monday-Friday 11:30am-12:30pm (Adults only) and 12:30-1:30pm (All ages).
- No pucks and sticks allowed on Sundays starting October 2, 1-2:30pm (All ages).

HOPKINS YOUTH HOCKEY (HYHA) Is your child excited to play hockey? Visit hopkinshockey.com for more information.

DRIVE THE ZAMBONI Check it off your bucket list! Learn to make a sheet of ice from start to finish or take a joy ride.

ROOM RENTALS The Pavilion has multiple rooms available to rent for your public or private event, meeting, or party.

HOPKINS PAVILION
11000 Excelsior Blvd, Hopkins, MN 55343 | 952.548-6390
hopkinspavilion.com

BURWELL

SPOOKTACULAR

Wear your best costume and have a spooktacular time at this annual outdoor event!

GAMES



CRAFTS



**FIRE DEPARTMENT
INFLATABLE SLIDE**



**FOOD
VENDORS**



WARM UP BY THE FIRE

BURWELL HOUSE TOURS

**Friday, Oct. 28
5-8 p.m.**

**Burwell House grounds
13209 E. McGinty Road***

*Free parking is available: St. David's Family Center, 3395 Plymouth Road